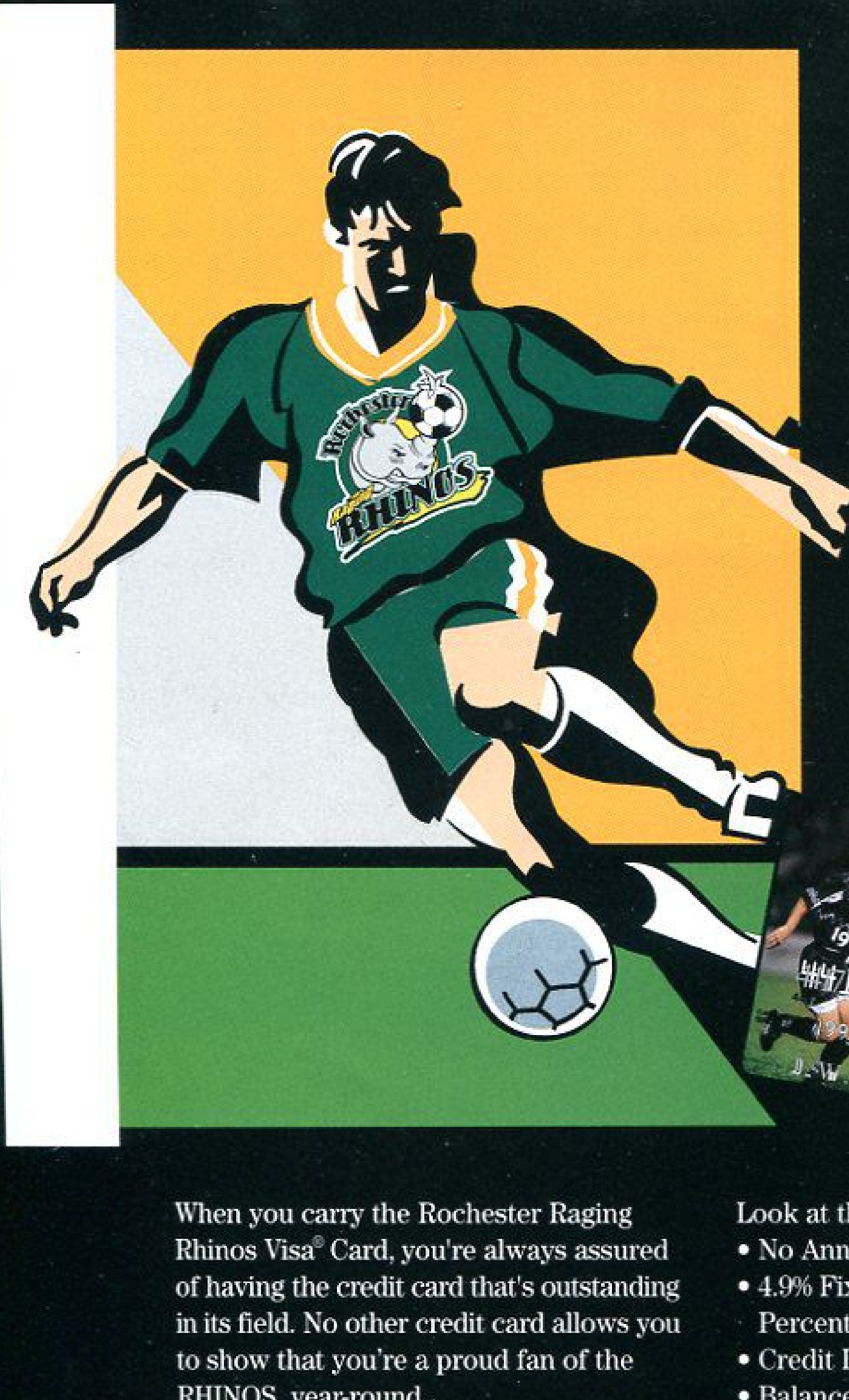
Rochester Raging Rhinos

RAMPAGE

The Official Publication Of The Rochester Raging Rhinos



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1998





ROCHESTER RHINOS
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CONTENTS

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PDSL: Changing the Face of Amateur Soccer

The Premier Developmental Soccer League (PDSL), the third level of the three men's outdoor leagues in the USISL system, begins its 10th season of play in 1990 with 34 teams.

The goal of the PDSL is to provide a stage where collegians and non-professionals can fine tune and develop their skills for future participation at the professional level.

The USISL provides a means to attain professional status for these players through its pyramid structure. Many past PDSL players have benefited by reaching professional status through the USISL system.

Now that the USISL has teamed up with Major League Soccer, a path for success has been made available for those collegians and amateurs who desire to play at the top level.

The PDSL provides the opportunity for collegiate players to further develop their game within the eligibility rules set forth by the National Collegiate Athletic Association and, therefore, not give up any eligibility.

College and professional coaches from across the country have been singing the praises of the PDSL.

The PDSL offers a way for the players to fine tune their skills by playing against top-level competition on the national stage, thus assisting in raising the level of play in college soccer.

Professional coaches view the PDSL as a key factor in the identification process, as the league serves as a showcase for professional scouts, before turning professional. These players will have had the experience of competing under U.S. Soccer rules on the national scene. The PDSL is affiliated with the Amateur Division of U.S. Soccer.

The PDSL teams play 16 league games between April 11 and August 8, with the championship game to be played on the weekend of August 14&15.

The 1997 PDSL national championship was won by the Central Coast Roadrunners (San Luis Obispo, Calif.) as they defeated the Cocoa (Fla.) Expos 2-1 at Mustang Stadium on the campus of Cal. Poly-San Luis Obispo.

W-League: The Best of Women's Soccer

The year was 1994. The United States hosted its first ever and the most successful World Cup, as the U.S. National Team enjoyed one of the most successful periods in U.S. Soccer history by advancing to the round of 16.

Support and interest for a Division I men's professional outdoor league was at an all-time high. The U.S. Women's National Team qualified for the 1995 world championships by sweeping the competition at the CONCACAF qualifying championship and North Carolina won the NCAA Division I championship...again.

With all of this happening in the world of American soccer, the birth of the W-League may have been overshadowed.

By starting the W-League in 1994 as a pilot program involving eight teams, the USISL created the only national adult women's soccer league in the nation. For the very first time, the best of college soccer's past, present and future had another place to play, another forum in which to excel.

Fast forward to 1998. Another World Cup is on the horizon for the U.S. National Team. Mia Hamm is appearing in shampoo commercials. The U.S. Women's National Team is ranked No. 1 in the world, where they've been since winning the Olympic gold medal in Atlanta in 1996. North Carolina is the reigning NCAA champion. Go figure.

What about the W-League, you ask? Just as the popularity of soccer among females of all ages has grown, so has the W-League.

For 1998, the W-League will field 30 teams from 22 different states. Working closely with U.S. Soccer, the NCAA and various youth organizations, the W-League continues to serve as a blueprint for the development and success of women's soccer in the United States.

"The United States has the best female soccer players in the world," said Francisco Marcos, President of USISL, Inc. and commissioner of the W-League. "We are proud to provide the stage on which these great players can perform, and we will continue to develop the league as the true showcase for women's soccer in this country."

With 32 teams set to compete in 1998, the creation of two separate divisions seemed only natural. Therefore, USISL created an elite division, dubbed the W-1 League.

The W-1 League will field 15 of the top W-League teams in three different conferences: the North, South and Central. It's where you'll find past champions like the Maryland Pride and two-time champions Long Island Lady Riders.

"The W-League has a specific plan for the long term development and growth of women's soccer," said Rui Farias, manager of W-League operations. "The creation of the W-1 League is the first step of that plan."

These elite teams will feature U.S. National Team or national team-caliber players and will participate in a strong national marketing effort that will rival the men's A-League and Division III Professional League.

With the off-season signings of U.S. National Team stars like Michelle Akers, Carla Overbeck and Tracy Ducar, along with players who called the W-League home in '97 (including fellow National Team players like Julie Foudy, Brandi Chastain, Sara Whalen, Bryn Blalock, Amanda Cromwell, and Christie Pearce), the W-League is set to explode in 1998.

Two other big names in women's soccer enjoyed the benefits of playing in the W-League last season. U.S. Women's National Team forward Debbie Keller was honored as the 1997 W-League Most Valuable Player, while former U.S. Women's National Team goalkeeper Kim Wyant was voted Goalkeeper of the Year and MVP of the 1997 W-League national championship tournament after leading the Lady Riders to the 1997 title.

The biggest statement of the continued growth and success of the W-League was made by women's soccer fans across the nation, who came through the gates in record numbers in 1997. Leaguewide attendance nearly tripled in 1997, from 24,547 in 1996 to 70,133.

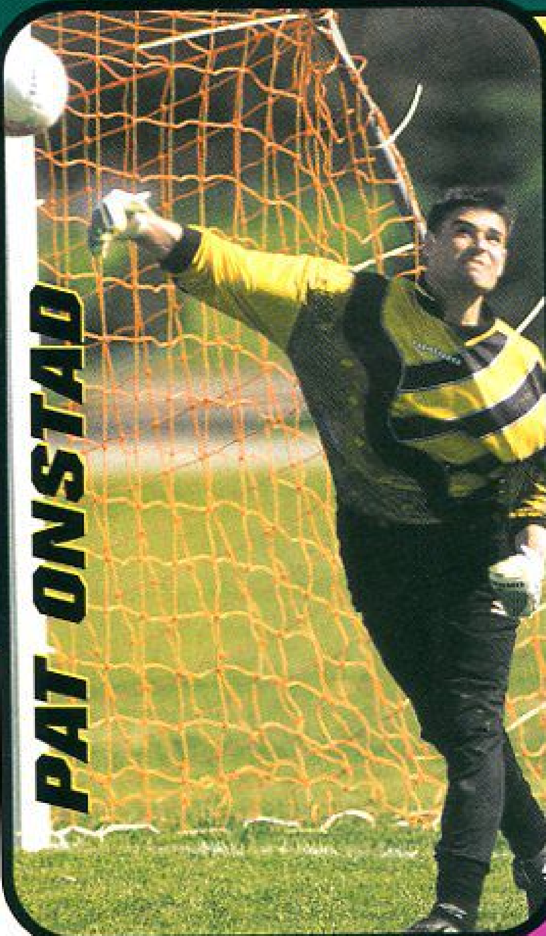
With the 1999 Women's World Cup approaching and the popularity of women's soccer at an all-time high, the time has come for the W-League.



With the signings of star players like Michelle Akers and many of her teammates from the U.S. National Team, the W-League is bound for greatness in 1998

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GOALKEEPER

SEASON

By the time the two biggest games of the 1997 A-League season had arrived, the Rochester Raging Rhinos figured they had solved a season's worth of problems.

An eight-game losing streak and numerous lost leads behind them, the Rhinos entered their first-round playoff series on a modest roll.

"I remember that we had just destroyed two playoff teams, Long Island and Toronto, and it felt like we got to the point where we were the team to beat," forward Jimmy Glenn said.

The Rhinos had been struggling all season to limit opponents' scoring chances, to prevent bad goals at critical times. But after 28 A-League games and several U.S. Open Cup and exhibition matches, they seemed to have pulled it off. "Then, all of the sudden, we couldn't finish plays anymore," Glenn said. "For the first time all year we were shutting them down, but we just couldn't finish our chances."

And so went the '97 season, a contradictory campaign on and off the field: When the Rhinos offense excelled, it's defense struggled, and vice versa; and despite a season-long battle with mediocrity, the Rhinos dominated A-League attendance for the second straight year. Long Island eliminated Rochester 2-0, both times in the Rhinos nemesis, the shootout, to conclude the Rhinos season at 14-16. Since then, Rhinos general manager Chris Economides and coach Pat Ercoli feel they've made the necessary changes to compete for a league championship in 1998.

"Change is good if the guys coming in have the right attitude," Ercoli said in the pre-season. "Everyone, the new players and the returning players, has to work hard. Nothing can be taken for granted here. You have to work for your position or someone else will be right there to take it."

Ercoli admits that a feeling of complacency might have permeated the players minds last year, that a player who didn't give 100 percent effort might not have felt the necessary pressure of losing his position. Now, the Rhinos have brought in so many new players, players with excellent soccer pedigrees, that there is plenty of talent to replace anyone who doesn't want to work. "No one can get away with that anymore," Ercoli said. "We're setting the bar higher, and we're going to make the players reach for it."

Some of the players Ercoli and Economides acquired would be starters, if not all-stars, on less-loaded rosters; with the Rhinos, they'll be fighting simply to start. For example: Yari Allnutt, an attacking, inside midfielder, was an A-League all-star with the Carolina Dynamo last year. He has also played for the U.S. National Team. Defender Mauro DaSilva has played first division with Ponta Grossa in Brazil, arguably the world's premier soccer nation. Forward Darren Tilley was an A-League all-star with the Toronto Lynx in 1997. So was his Toronto teammate Pat Onstad, who also has been the goalkeeper for the Canadian National Team. Too bad the games aren't played on paper.

"This team is a lot more talented than the team we won with in Seattle," said Nate Daligcon, a midfielder acquired by the Rhinos from Seattle late last season. Daligcon played for the Sounders in 1996 when they beat the Rhinos in the final for the A-League championship. "So if we play as well as we're capable, we certainly can win a championship here. "The Rhinos are counting at least as much on players who were in Rochester last season as they are the newcomers. Daligcon, 23, was Rochester's best player in the last two weeks of the season. Glenn was among the A-League's leading scorers in 1997. Lenin Steenkamp was among the league's most valuable players in 1996 before injuries limited his effectiveness last year. Billy Andracki was as good as any goalkeeper in 1996 and is out to prove he can equal that standard.

And have you ever read a story about the Rhinos that went this long before Doug Miller's name appeared? Perhaps not since before July 1996, when Miller became the marquee name on the Frontier Field mantel. Miller shared the A-League goal-scoring title in '96 and won it in '97, when he was named the league's most valuable player. "It's obvious we'll have a lot of all-stars out there," Miller said. "This team can be very successful. It's just a matter of everybody knowing his role. Everybody has to remember, there's only one soccer ball on the field at a time." (Not even the most ardent soccer critics have proposed rule changes that would add a second ball.) It'll be up to Ercoli to make sure that everyone on the roster, including players used to making major contributions who will be sitting on the bench, keeps focused on the team's goals.

"Having so much depth will help to keep people sharp," he said. "There's always someone behind you who can help us if you're not producing." Unit by unit, the Rhinos should stack up with the best in the A-League. At forward, it starts with Miller. The Newark, N.J. native, who turned 29 on May 5, says he can duplicate if not better his MVP season of 1997.

> "I remember that we had just destroyed two playoff teams, Long Island and Toronto, and it felt like we got to the point where we were the team to beat."

PREVIEW

"Well, the number-one goal is to win a championship," he said. "But yeah, I'll be looking to break my records. I think I can score 30 goals. As long as we win, I'll be happy." Glenn and Miller became the league"s most dynamic duo in 1997, and they were also teammates and sometimes linemates with the indoor Buffalo Blizzard of the National Professional Soccer League in the1997-98 season. Indoor commitments made both players late for the start of training camp, and Miller was further delayed by a torn knee ligament he suffered March 7. Miller said he expected to be ready by the Rhinos' May 2 opener in Raleigh, N.C.

However, their absence stunted the Rhinos' growth in the preseason. Ercoli says Glenn and Miller excel in a different system than Tilley and Steenkamp, who worked together up front in preseason. "Doug and Jimmy like to run onto the ball, while Darren and Lenin are bigger guys who can receive the ball and do something with it," Ercoli said. "Once Doug and Jimmy get in here, we'll have a good mixture with those four guys." The Rhinos' midfield is loaded with talent, but just how it will be made up was uncertain in March. Daligcon joins fan-favorites Tommy Tanner and Yogi McKay in the middle; also returning are Ezikeil Alamo and Mike Kirmse.

Newcomers include Mike Britton, a Rochester native who last played professionally for the Houston Hotshots of the indoor Continental Indoor Soccer League. Houston's season ended in November. Allnutt is a certain starter that says he has "a need to succeed." Allnutt's Carolina team was the A-League runner-up last season. But he says he knew in the mid-season that he wanted to relocate to Rochester in 1998. "I'll tell you the truth, I knew at the All-Star Game that I wanted to be here," he said. "I went home after being in Rochester and told my wife, Julie, that I was going to play in Rochester next season."

Steenkamp's best days in Rochester were in the midfield, and Daligcon will earn a lot of minutes. Britton and Tanner probably will see a lot of action outside.

Rochester got better immediately with the addition of sweeper Mali Walton, acquired from Mid-Michigan of Division III. Once Walton's indoor season in Philadelphia ends, he'll be an instant improvement to the defense.

Rhinos brass bubble with compliments about DaSilva, who is said to be a magical, albeit undersized defender (5-8, 160). The Rhinos also acquired Craig Demmin, a 6-foot-2, 185-pound native of Trinidad and Tobago, from the Jackson, Miss., team in Division III, and Scott Schweitzer, a physical sweeper who was the stalwart of Carolina's second-place team in 1997.

"We're very deep on defense. We'll have lost of choices," Ercoli said. "Walton and Schweitzer are both experienced players, and Craig and Fuseini are both really big boys."

The Rhinos employ two of the league's premier goalkeepers in Andracki and Onstad, although their availability came into question midway through the pre-season.

"Having Yari, a playmaker in the middle who can get into the attack and score goals, will make us better," Ercoli said. "There will be games where we'll have some pretty good people on the bench, but there will always be injuries. Plus, we'll be able to match up a little better that last year, to play certain guys against certain teams."

The Rhinos' defensive unit had an inconsistent 1997. Fuseini Dauda, ever the intimidator, was often missed because of suspensions. At 35, Yuri Smotrich showed brilliance at times.

Andracki, just days after his indoor season in Buffalo ended, was called up to Major League Soccer, which assigned him to the MetroStars. And Onstad, still a part of the Canadian National Team program, is needed in his home country for a cap May 18. "It's funny that both of these things would happen right away," Ercoli said. "But that's why we did this, that's why we went out and got so much depth. When you have players of that caliber, theyíre going to be sought after. We're going to have to cope with that all year."

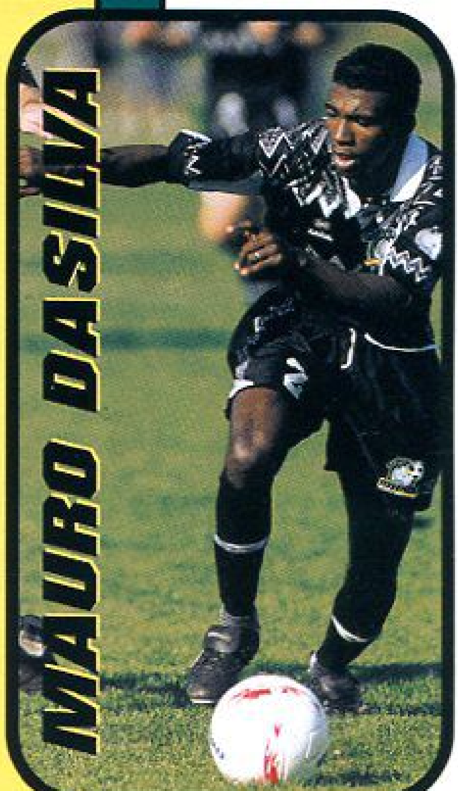
Rhinos backup Rett Thompson of Pittsford Sutherland and Josh Freeman, a draft pick out of Syracuse University, are also in camp.

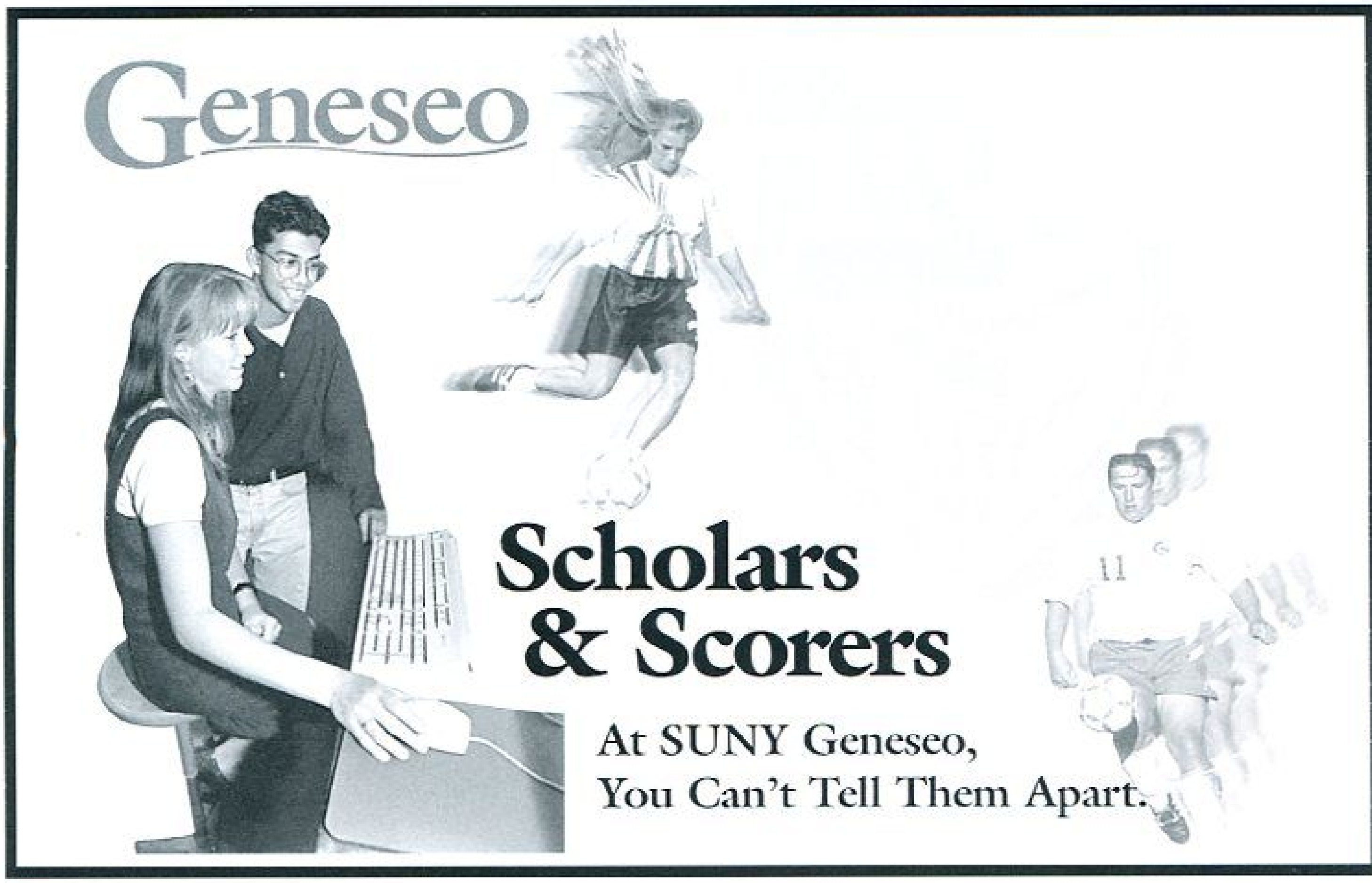
With all the talent on the roster, it would be easy to assume a great season was imminent. But all the players know the team will not improve its record unless it improves its dedication and work ethic, regardless of how much talent is here. Also, the team needs to develop the experience and the expectation of winning.

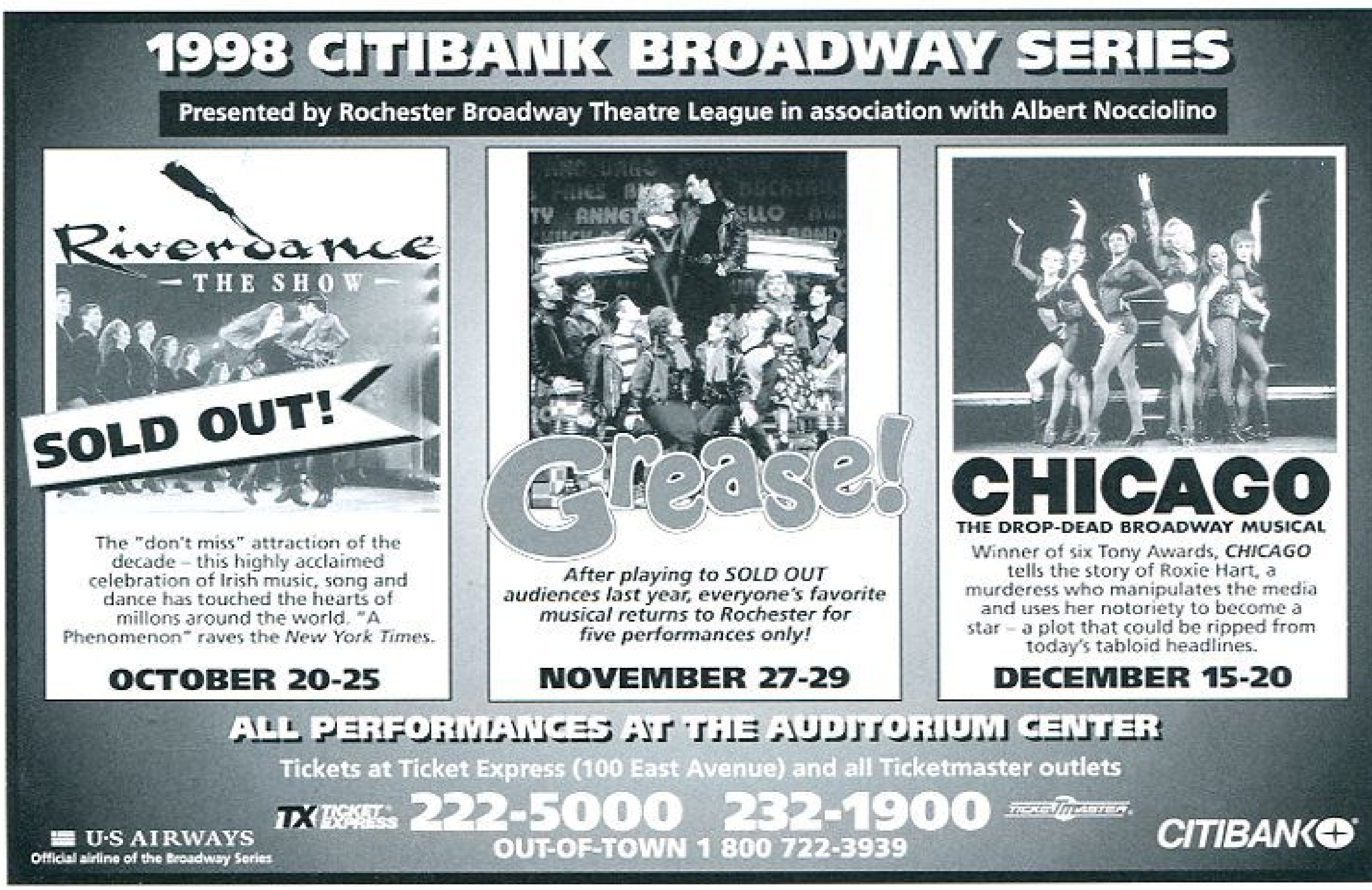
"Those guys knew they would win," Daligcon says of the '96 Sounders title team. "Once we know how good we can be, then we'll develop that same attitude."

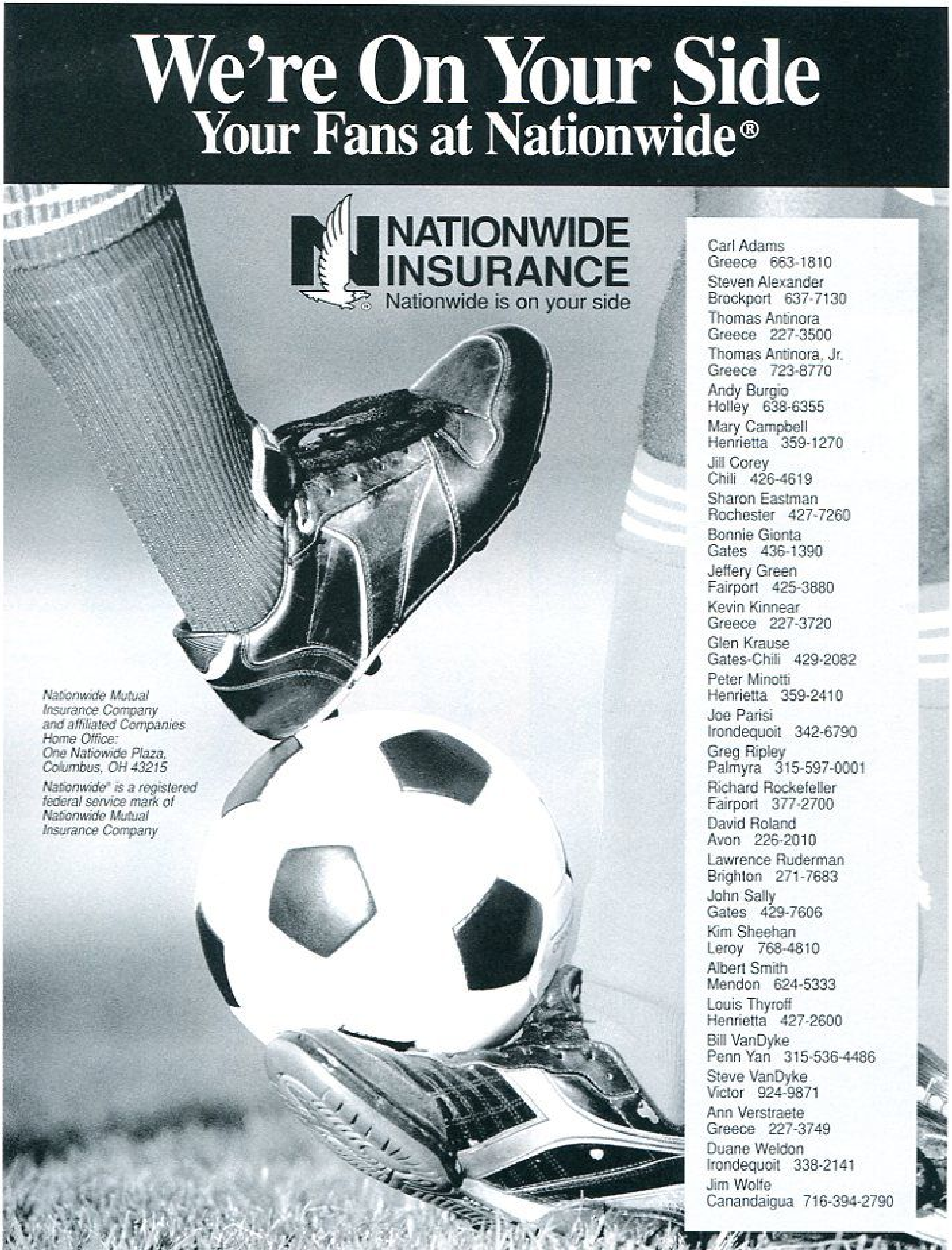
Miller adds, "Last year, we didn't have the confidence that when we were up 1-0 to say, alright, that's it. When teams would tie us, we didn't have the confidence or the composure to recover from that.This year, like the first year, when that happens, we ll have to just calm down and go out and score the goal we need. Then things will work out for us."

"Once We Know how good we can be, then we'll develop that same attitude."




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YARI ALLNUTT

By: Gene Battaglia

Yari Allnutt has been an Olympian. He has played for the US National team. Most recently, Allnutt was a two-time MVP for Carolina of the A-League. Although he could pursue a career in the MLS, Yari will tell you that "he'd rather be in Rochester."

"My wife and I wanted some stability, and we knew that the Rochester Rhinos could offer that," says the 28 year old midfielder. "It's obvious with the fan attendance that everyone here supports soccer."

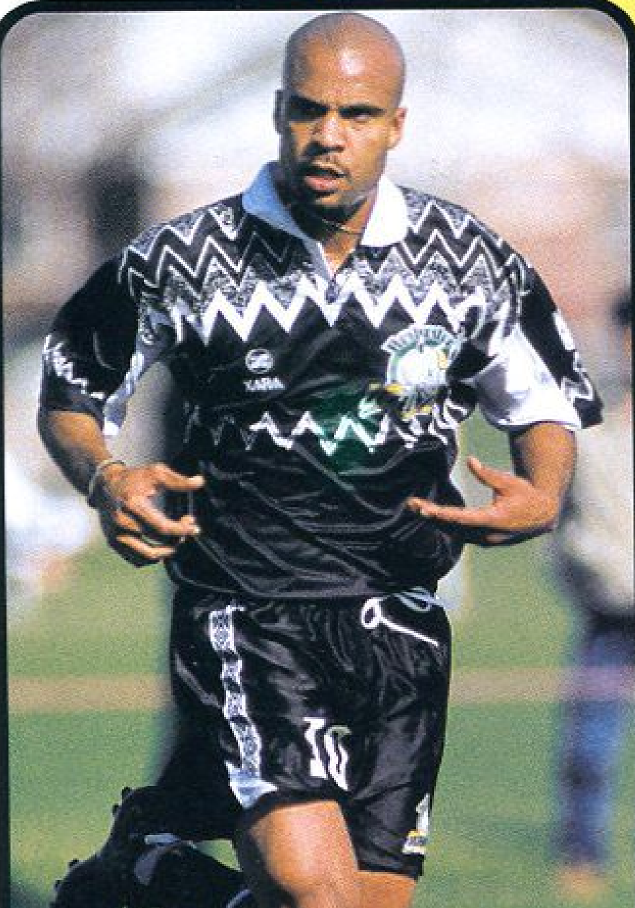
Rhino fans want a winning team. With the 5'11", 170 pound Allnutt, Rochester is in an excellent position to improve on last season's performance. Allnutt comes to Rochester after scoring 12 goals and 9 assists last season for the A-League runner up Carolina Dynamo. While Allnutt will be looked upon to jump start the offense, Rhinos management signed him to a three-year contract for more than just his scoring ability.

"He's a hard worker," says assistant coach Frank Oddi. "We like what we saw from him. He's also a leader on the field. Those are the two most important things you look for out of a player apart from his skills."

Those leadership skills were seen last season in an ugly incident at Frontier Field. While with the Dynamo, Allnutt got involved while defending his teammates. Though he did not throw any punches, Allnutt was fined and suspended for two games by the league.

In retrospect, Allnutt sees the irony. "Those issues helped me come here," says Yari. "It is unfortunate - especially today - soccer in the United States is definitely a family sport. I defended my teammates, and I think that's what got me here. They wanted someone who can step up and support your teammates, and do it in the right way."

Allnutt was an attractive free agent not just because of his scoring ability and his leadership qualities. He will live year-round in the Flower City, turning down offers to play the indoor game. "I've had great offers. I've had offers that have made my mouth drop. I used to watch (indoor soccer) growing up - the San Diego Sockers were big. I don't want to take that away from anyone who plays indoor, it's a great sport. I like the outdoor more. I'm a purist. I like the weather conditions. I like everything (about the outdoor game)."



Born in Maryland, Allnutt spent most of his life in the San Diego area. From a young age, he knew he wanted to play soccer. To help himself reach the dream, he set three personal goals. To be an Olympian, to play for the US National team, and to get free shoes ("When you're a kid, free shoes seem big!" jokes Allnutt). He has achieved all three.

Playing for his country in the 1992 Barcelona Olympics is a treasured experience for Allnutt. "It was a whirlwind," he says. "Three years of preparation. You were flying here, there, everywhere. You never had time to sit back and say 'wow'. In retrospect, it was awesome. The 1992 team was a fun bunch of guys," he recalled. "I remember Alexi Lalas playing guitar on the bus. We would get these Olympic hats, he'd paint his all black. Cobi Jones, I told him to grow those 'dreds'. He started growing them, now they are his trademark."

While stars like Lalas find an outlet for their creativity through music, it may surprise you that Allnutt has a passion for cooking, which he says he learned from his mother. Having played in Mexico, not to mention in the Olympics and for the National team, has allowed Allnutt to experience fine cuisine from around the world.

"Traveling with the Olympic team, we went to the best places," says the 28-year old Allnutt. "We stayed at four star hotels, ate at five - star restaurants. You would ask the chef, go in and watch what was going on. And I would take notes. I would learn how to cook in relation to wines, vinegar, whatever you would use. Then you can get creative, just as you would on the soccer field. I do have a passion for cooking. My food is sensual, I feel. It doesn't lack flavor and spice."

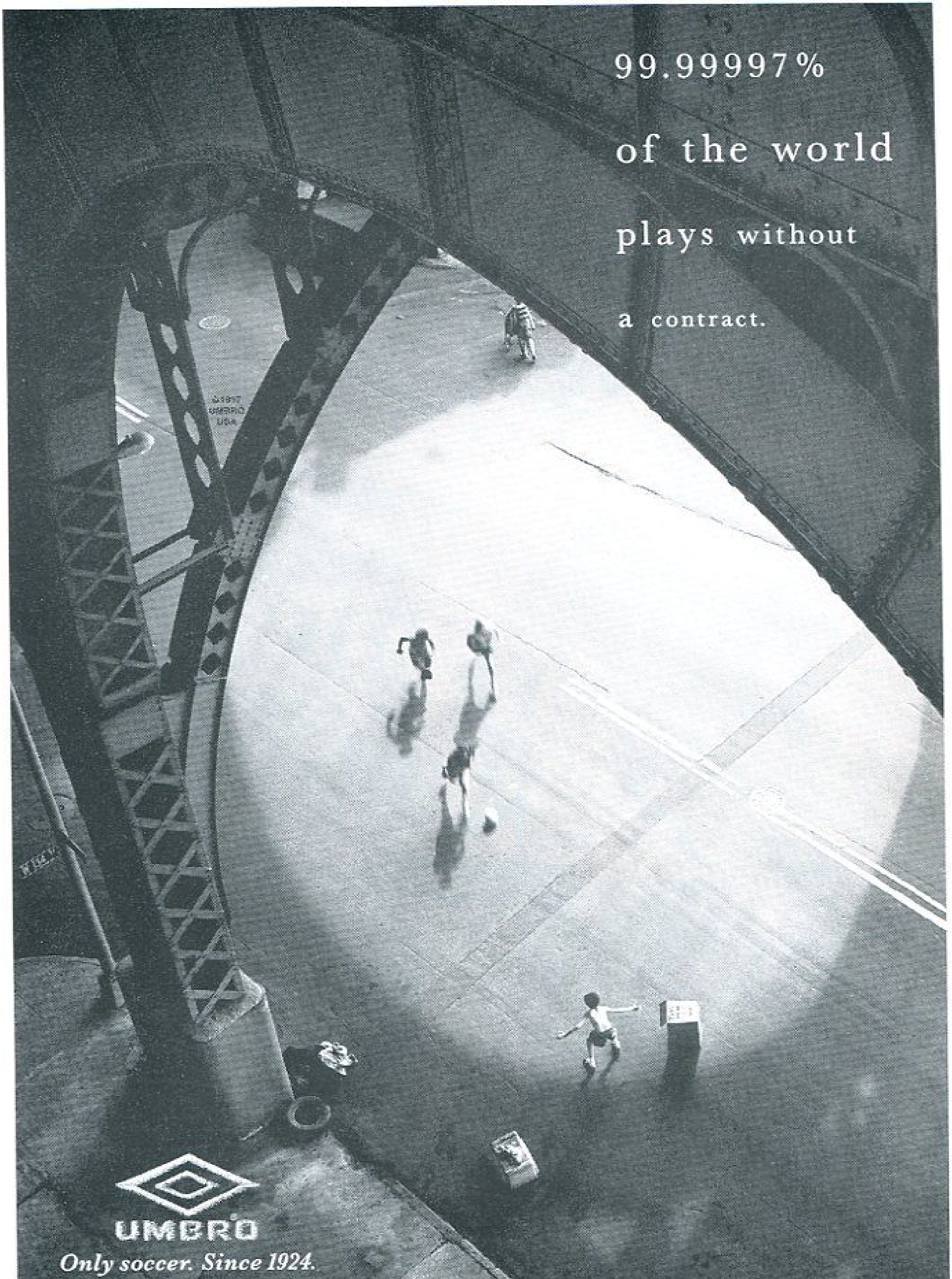
Question: How does an athlete, who needs to observe the rules for good nutrition, get to fully enjoy the culinary arts?

"There's a trick to that. You invite lots of people over, so that you have to cook it the right way that's in the book," says Allnutt. "When I'm on my own, you just try to leave out the stuff that gives it the flavoring, and add a little spice. Take out the oil, add in salt, even though salt isn't good for you either, but you have to have a happy medium. It is a conflict of interests, but that's why you invite over a lot of teammates."

1998 is a new era for Allnutt not just because of his new team and new town, but because of his new life at home. On Valentine's day, Yari married the former Julie Hedekin. Add it up, and Allnutt is feeling good about what lies ahead.

"No one has ever accused me of being a beautiful, skillful player," says Allnutt. "I've been accused of being a hard worker that would go to bat for anybody. I lead by example. If have a bad game, it's not going to be because a lack of effort. Every time we step out onto the field, I feel we are going to win."


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AWARDS

1997 A-League Awards

MILWAUKEE RAMPAGE
A-League Champions

CAROLINA DYNAMO
Runner-Up

DOUG MILLER, ROCHESTER
Top Goal Scorer



GARRET KUSCH, VANCOUVER
Assists Leader



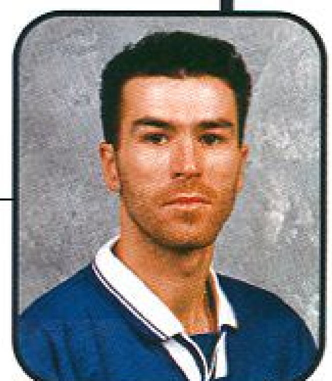
DOUG MILLER, ROCHESTER
Top Point-Getter

DUSTY HUDOCK, SEATTLE
Goalkeeper of the Year



STERN JOHN, NEW ORLEANS
Rookie of the Year

JOHN LIMNIATIS, MONTREAL
Defender of the Year



BOB LILLEY, HERSHEY
Coach of the Year

DOUG MILLER, ROCHESTER
Most Valuable Player

A-LEAGUE ALL-STAR TEAM

First Team	Position	Second Team
Dusty Hudock, Seattle	Goalkeeper	Paolo Ceccarelli, Montreal
John Limniatis, Montreal	Defender	Dian Anguelov, Richmond
Travis Rinker, Long Island	Defender	Don Gramenz, Minnesota
Scott Schweitzer, Carolina	Defender	Robert Rosario, Carolina
Mark Watson, Seattle	Defender	Bill Sedgewick, Montreal
Yari Allnutt, Carolina	Midfielder	Nick DeSantis, Montreal
Mauro Biello, Montreal	Midfielder	Domenic Mobilio, Vancouver
Garret Kusch, Vancouver	Midfielder	John Smith, Nashville
Mark Baena, California	Forward	Mike Gailey, Seattle
Stern John, New Orleans	Forward	Steve Patterson, Colorado
Doug Miller, Rochester	Forward	Darren Tilley, Montreal


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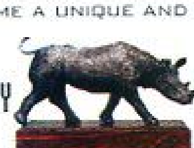
RHINOS MVP

If you think "Raging Rhinos" is a unique nickname for a professional soccer team, check out the trophy for the club's most valuable player. "The Rhino", a commissioned sculpture by artist Mary C. Taylor, is a distinctive piece of steel crafted to look like a charging rhinoceros. No doubt, it is one of the most beautiful and unusual trophies in all of sports.

Chris McVicker, President of the Flanders Group, is one of the Rhinos' biggest supporters. McVicker wanted to contribute to the Rhinos' success both on and off the field - but in a different way. In chatting with Rhinos CEO Steve Donner, McVicker had the idea of commissioning a piece of art to honor the team's best player. A close friend of Ms. Taylor, McVicker gave her the challenge of sculpting a rhino. No easy task, but Mary's specialty is sculpting nature and animals, so she went to work. The end result is an exquisite rendition of a charging rhino, full of power and grace.

"The Rhino", displayed at all home games and in the team's offices at Frontier Field, weighs approximately 50 pounds and was crafted by hand. A solid wooden base holds the names of each season's most valuable player, as selected by his teammates. Rene Rivas, the team's 1996 A-League First Team All-Star defender, was the first to have his name inscribed on the trophy. This past season, Rhinos MVP Doug Miller was honored with a pre-game presentation of the trophy at Frontier Field. Both Rivas and Miller received a smaller rendition of the sculpture to keep.

The trophy was originally unveiled on April 5, 1997 at the Golden Lynx Gallery in Mendon. McVicker, Taylor, Rivas and friends were all there to marvel at the sculpture, which has quickly become a unique and important tradition in the history of the Rochester Raging Rhinos.

RHINOS FANS CAN SEE THE TROPHY ON DISPLAY  AT FRONTIER FIELD DURING ALL RHINOS HOME GAMES

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Rochester Raging Rhinos

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A-League: Movin' On Up

The United Systems of Independent Soccer Leagues and the American Professional Soccer League merged Oct. 8, 1996 to form a unified Division II outdoor professional soccer league recognized by the United States Soccer Federation.

Thus, the A-League has become the top level of play in the USISL system, just one step below Major League Soccer.

The A-League, which consisted of 24 teams in 1997, will field 28 teams for the 1998 season, including an experimental team consisting of entirely MLS Project-40 players.

The league is broken geographically into four divisions (Pacific, Central, Northeast, and Atlantic) in two conferences (Western and Eastern). Each division consists of seven teams.

The A-League and USISL compete in the U.S. Open Cup, the country's oldest soccer tournament. The first six games on the 1998 A-League schedule will be qualification matches for the Open Cup. Eight A-League teams compete in the second round for an opportunity to advance to the third round, which includes MLS teams.

Expect to see considerable movement of players between the A-League and MLS this upcoming season as the leagues have an agreement which enables USISL players to be called up to MLS teams, and MLS players to be loaned to USISL teams.

In 1996, 31 USISL players were called up by MLS teams, and 23 MLS players were loaned to USISL teams. In 1997, the trend continued as 26 USISL players were called up to MLS teams and 50 MLS players were loaned to USISL teams.



Rochester's Doug Miller (#19) was a natural choice for 1997 A-League MVP

The flood of A-League and USISL players to MLS began in 1996 when 84 USISL players were selected in the MLS inaugural supplemental draft, with 18 more USISL players selected in 1997.

Many current MLS players began their careers in the A-League before joining the MLS. A few of these players include: Marcelo Balboa, John Doyle, Brian McBride, Tab Ramos, Jason Kreis, Tony Meola and Eric Wynalda.

The A-League has evolved into a major component in the growth of soccer in the United States. It is currently the second highest level of soccer in the U.S. and is at the highest level in Canada.

The 1997 A-League season was a success both on and off the field as the Milwaukee Rampage put together an unbelievable championship run and claimed the 1997 A-League Championship. The Rampage defeated the Carolina Dynamo 2-1 in a shootout at Uihlein Soccer Park in front of an all-time franchise and stadium record crowd of 6,381.

Success in the stands was another trademark of the A-League last season, as more than one million (1,085,777) fans made their way through the A-League turnstiles (an average of 2,828 per game) for the third straight year.

The 1998 season will also see a few new teams competing. The Hampton Roads Mariners return after being on hiatus for a year. The New Orleans Riverboat Gamblers will now be called the New Orleans Storm, and the Colorado Foxes have moved to San Diego and will be called the San Diego Flash.

Also joining the league are former D3 Professional League teams: San Francisco Bay Seals, who were giant killers in the 1997 U.S. Open Cup, and the Albuquerque Geckos, who won the 1997 D3 Pro League championship.

Making their way to the A-League from the Premier Development League are the Cincinnati Riverhawks. Other teams joining the league this season are the Staten Island Vipers and the MLS Project-40 team called U.S. Pro 40 Select.

It will be an exciting season for the A-League as 28 teams will compete for both the championship and the 1998 U.S. Open Cup.

D3: On Their Way To the Top

The D3 Pro League, known as the "USISL Pro League" until 1997, is a step up from amateur-level soccer and the first level of pro soccer for many of its players. Many future stars of the Division II A-League and Division I MLS get their start in the D3 Pro League.

As part of the interleague agreement between MLS and the USISL, D3 Pro League teams are official affiliates of MLS clubs.

The D3 Pro League includes 39 teams in 1998 and is the largest of the USISL's three outdoor men's leagues. Teams will play 18 league games and four U.S. Open Cup games this year. The season begins in April and concludes with the championship in early September.

An added element of excitement surrounding the D3 Pro League in 1998 is the concept of promotion, long a standard in professional leagues around the world. Beginning last season with the promotion of the Albuquerque Geckos, the D3 Pro League champion is automatically promoted to the A-League for the next season, providing it meets Division II criteria.

The D3 Pro League remains the only Division III league in the U.S. With 20 teams in the Division II A-League in 1998, the number of professional teams under the USISL umbrella is the most ever.

The USISL first went outdoors in 1989, but it did not add a professional division until 1995. There were 36 Division III Pro League teams in 1995, but the USISL split its Division III level into two leagues for 1996, creating the Select League (21 teams) and Pro League (27 teams). Although both were sanctioned by the U.S. Soccer Federation as Division III leagues, the Select League was considered a higher tier.

As the middle level of the men's developmental structure between the Division II A-League and the top-level amateur league, the Premier Development Soccer League - the D3 Pro League plays an integral role, and can be compared to the Class AA level of professional baseball.

A-League or Major League Soccer teams may discover a D3 Pro League player who is ready to move up; or the A-League or MLS clubs may elect to send a player to a D3 Pro League team for seasoning, injury rehabilitation or to get valuable game experience that they might not otherwise get at the Division I or II levels.

Two D3 Pro League teams, the Albuquerque Geckos and the San Francisco Bay Seals, will jump to the A-League this season after having tremendously successful 1997 seasons.

The Seals went on a run that will go down as one of the most amazing in U.S. Open Cup history by knocking off two MLS clubs on their way to the tournament's semi-final game.

The Geckos will join the Seals in the A-League after winning the 1997 D3 Pro League championship with a 4-1 trouncing of the Charlotte (N.C.) Eagles on their home turf at the University of New Mexico Soccer Stadium.

This season marks the advancement of two teams from the PDSL (the Southwest Florida Manatees and Miami Breakers) along with the addition of several expansion teams (the Shreveport-Bossier Lions, Pensacola Barracudas, Tallahassee Tempest, Eastern Shore (Md.) Sharks, Northern Virginia Royals and Western Mass. Pioneers), so 1998 should be an interesting year.

'97 STANDINGS

1997 Rochester Raging Rhinos Statistics

NO.	NAME	POS	GP	GS	MIN	G	A	PTS	SHOTS	FOULS	CARDS C	CARDS E	SHOOTOUT G	SHOOTOUT ATT
19	MILLER, Doug	F	25	22	1,996	23	5	51	78	25	3	1	0	2
18	GLENN, Jimmy	F	28	28	2,287	13	8	34	58	24	1	0	1	5
23	STEENKAMP, Lenin	M	21	17	1,400	4	4	12	37	13	2	1	0	0
11	VIGNJEVIC, Nikola	M	21	11	1,194	3	3	9	35	12	1	0	1	3
8	TANNER, Tommy	M	20	18	1,433	2	5	9	11	30	5	1	0	2
20	DALIGCON, Nate	M	4	1	182	3	1	7	6	2	0	0	0	0
7	GUTIERREZ, Henry	M	17	16	1,384	1	5	7	40	31	5	0	1	1
9	MONTEIRO, Darci	M	11	5	604	2	2	6	16	21	6	1	0	0
15	ALAMO, Ezikeil	M	21	6	910	1	3	5	7	27	3	0	0	2
6	RIVAS, Rene	M/D	7	7	630	2	0	4	10	17	2	0	0	0
5	VILLAGRA, Gustavo	M	20	20	1,807	0	3	3	16	54	7	0	0	1
12	KIRMSE, Mike	M	12	6	686	1	0	2	19	11	1	0	0	1
16	KENNEL, Chris	D	17	10	1,076	1	0	2	4	13	0	0	0	2
3	HOUSER, Nate	D	21	16	1,400	0	2	2	7	32	5	0	3	4
17	DAUDA, Fuseini	D	18	16	1,540	0	2	2	5	54	7	2	0	1
10	McKAY, Yogi	M	20	18	1,613	0	1	1	14	28	3	0	0	2
27	KOETTERS, Kevin	D	22	20	1,782	0	1	1	10	18	0	0	0	3
6	WALTON, Mali	D	6	6	670	0	1	1	0	2	1	0	0	1
4	MINOTT, Leon	D	18	15	1,410	0	0	0	4	27	4	0	0	0
14	SMOTRICH, Yuriy	D	16	16	1,408	0	0	0	1	20	1	1	0	1
12	MERCIK, Joe	D	3	2	255	0	0	0	1	2	0	0	0	0
13	VUCKOVIC, Bojan	F	4	2	199	0	0	0	8	4	1	0	0	1
22	STUART, Darrell	F	3	1	71	0	0	0	0	2	1	0	0	0
26	MAROJEVIC, Novica	M	2	1	57	0	0	0	0	0	0	0	0	0
25	MILLER, Scott	M	1	0	6	0	0	0	0	0	0	0	0	0
7	STODDARD, Justin	D	5	1	197	0	0	0	1	7	2	0	0	0
1	ANDRACKI, Billy	GK	28	28	2,559	0	0	0	0	0	4	0	0	0
0	THOMPSON, Rett	GK	2	0	59	0	0	0	0	0	0	0	0	0
	TOTALS		27	27	2,528	56	46	158	388	476	65	7	6	30

NO.	GOALKEEPER	GP	GS	MINS	GA	SVS	GAA	SO	RECORD W	RECORD L	SHOOTOUT SHOTS FACED	SAVES	GA	RECORD W	RECORD L
1	ANDRACKI, Billy	28	28	2,559	44	151	1.55	6	14	14	33	8	12	0	5
0	THOMPSON, Rett	2	0	59	3	4	4.58	0	0	0	0	0	0	0	0
	TEAM TOTALS	28	28	2,618	47	155	1.62	6	14	14	33	8	12	0	5

NOTE: Andracki & Thompson shared Shutout on 8/29/97 (4-0 vs Long Island)

RECORD	GP	W	L	SOW	SOL
RHINOS	28	14	14	0	5
OPPONENTS	28	14	14	5	0

SCORING	1st	2nd	OT	SO	TOT
RHINOS	26	28	2	0	56
OPPONENTS	16	31	0	5	52

SHOTS	TOTAL
RHINOS	389
OPPONENTS	393

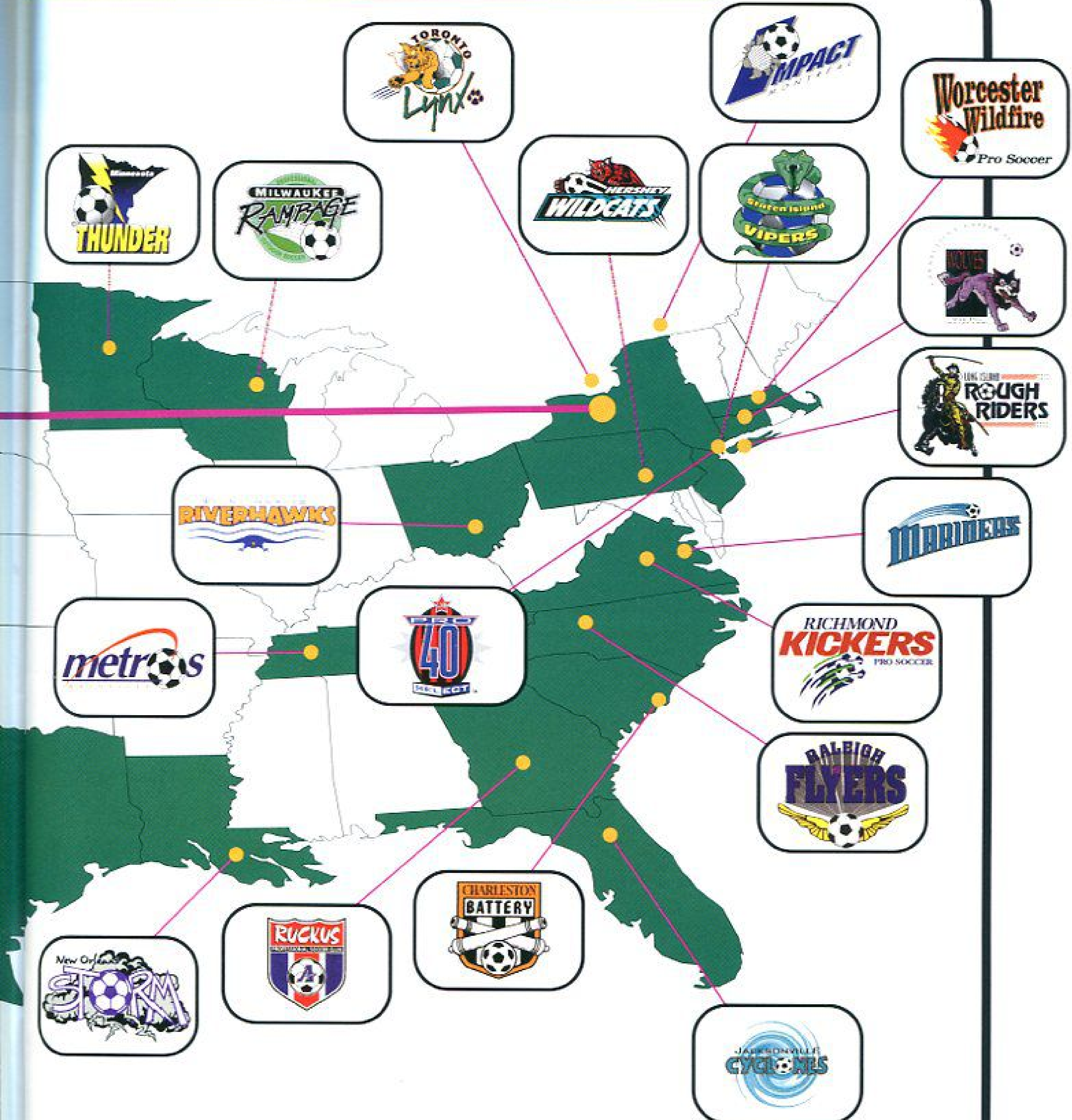
RHINOS WHEN:	W-L
Scoring First Goal	13-8
Allowing First Goal	1-6
Outshooting Opponent	8-5
Shots are Tied	2-1
Outshot by Opponent	4-8
Leading at Half-Time	10-5
Tied at Half-Time	3-5
Trailing at Half-Time	1-4

( ) = Shootout Win

ADDITIONAL STATISTICS

RHINOS		OPPONENTS
146	CORNER KICKS	135
113	OFFSIDES	65
4	PENALTY KICKS	3
3	PENALTY KICKS SCORED	2
467	FOULS	426
65	CAUTIONS	43
10	EJECTIONS	9


Rochester Raging RHINOS
SOCCERTOWN USA
ROCHESTER, NY
EIGHTY SIXERS
SOUNDERS
SEALS
SAN FRANCISCO BAY
CALIFORNIA
JAGUARS
SALINAS, CA
ZODIAC
GECKOS
PROFESSIONAL SOCCER
SAN DIEGO
FLASH
PATRIOTS


Toronto Lynx
Impact Montreal
Worcester Wildfire Pro Soccer
Minnesota Thunder
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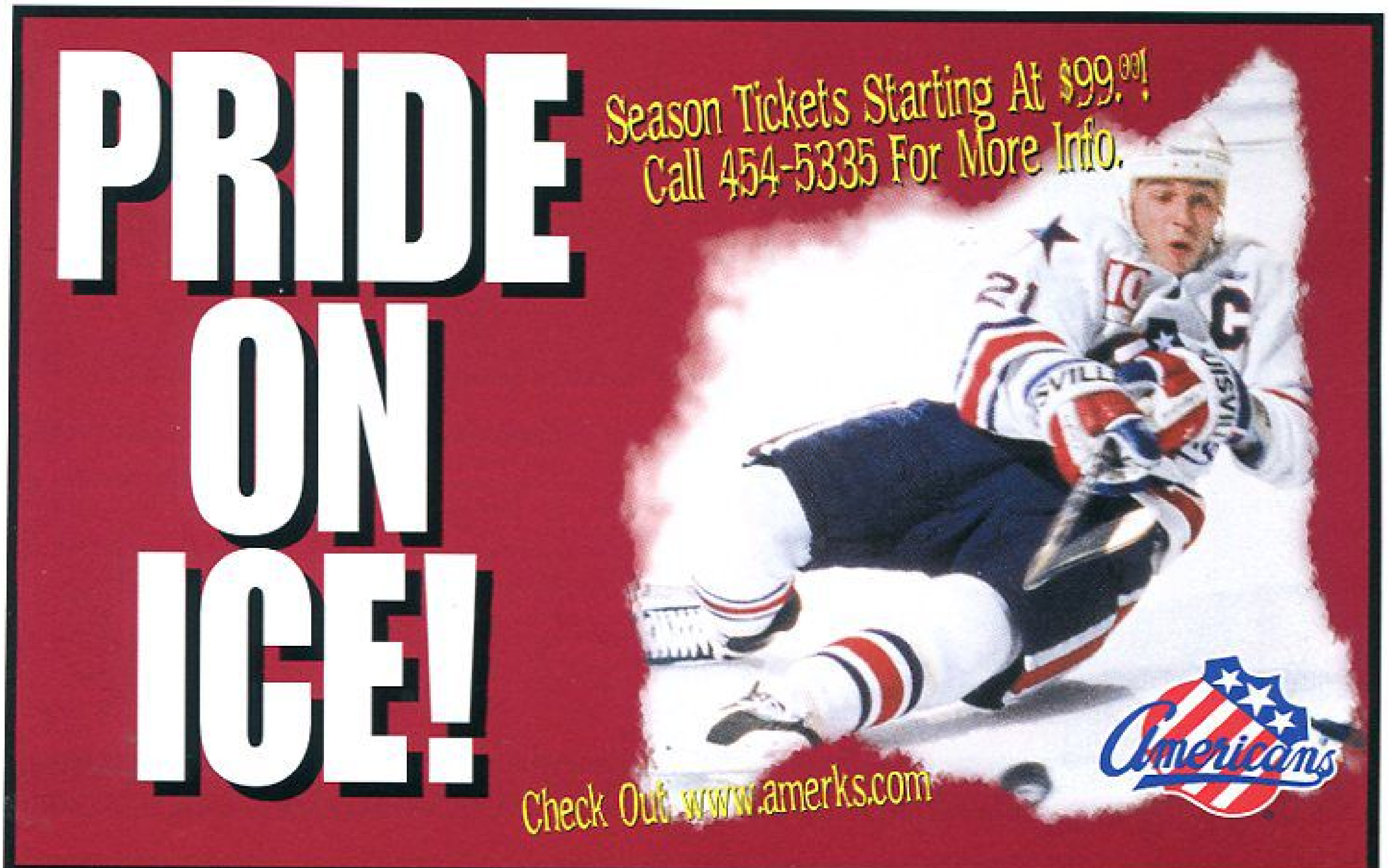
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DARREN TILLEY

By: Fred Armstrong

FORTUNATE IS THE WORD, RHINOS FORWARD DARREN TILLEY, MOST OFTEN USES TO DESCRIBE AN INCREDIBLE CAREER THAT HAS LASTED OVER A DECADE AND SPANNED THREE CONTINENTS.

AT AGE 16, TILLEY DECIDED TO FOLLOW HIS HEART AND FORGO THE REST OF HIS EDUCATION TO PLAY SOCCER. HOWEVER, UNLIKE MOST YOUNG ATHLETES WHO LEAVE SCHOOL FOR THE PRO RANKS HIS FUTURE WASN'T ONE OF GUARANTEED SHOE DEALS AND BIG-TIME CONTRACTS.

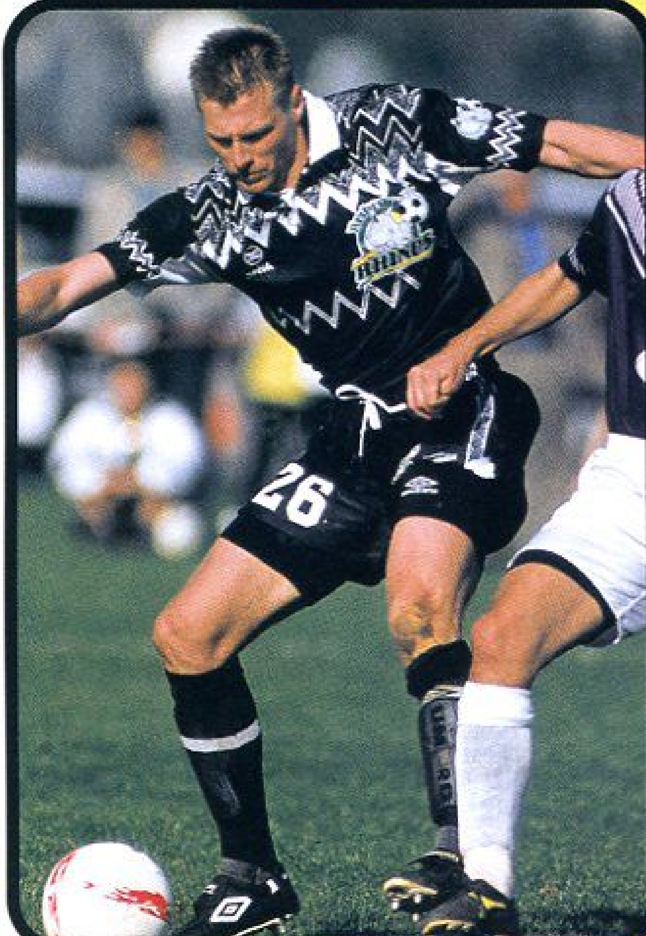
YET, THE DECISION WASN'T A PAINSTAKING ONE.

"PLAYING SOCCER IS THE ONLY THING I EVER WANTED TO DO. I'M FORTUNATE, SOME PEOPLE GO TO WORK IN THE MORNING UNHAPPY. I GO TO WORK EVERY MORNING HAPPY AND WORK HARD SO I CAN KEEP IT GOING," SAYS TILLEY.

THE NATIVE OF SOMEREST, ENGLAND STARTED HIS CAREER IN THE "WORKINGMAN'S LEAGUES" OF THAT NATION'S LOWER DIVISIONS. HE SPEAKS REVERENTLY OF HIS HOME'S DEDICATION TO THE GAME.

"EVERYONE PLAYS ON HEART AND GUTS OVER THERE. THERE'S CONSTANT BATTLING."

THOSE EARLY BATTLES ON THE MUDDY PITCHES ACROSS THE ATLANTIC HELPED THE TALENTED GOAL SCORER FORGE A REPUTATION AS A GRITTY AND HARDWORKING PROFESSIONAL. A CALLING CARD THAT TILLEY RELISHES.



"I'VE NEVER BEEN THE FASTEST OR STRONGEST PLAYER, I MAY HAVE NEVER BEEN THIS OR THAT. THERE ARE MORE TALENTED AND BETTER PLAYERS ON THIS TEAM AND ON OTHER TEAMS IN THE LEAGUE. BUT, I HAVE HEART AND I WORK HARD AND THOSE TRAITS HAVE ALLOWED ME TO SUCCEED."

TILLEY'S REPUTATION, NOT TO MENTION HIS 24 GOALS IN 20 MATCHES FOR YORK CITY IN THE ENGLISH THIRD DIVISION, GOT THE 1997 A-LEAGUE ALL-STAR HIS FIRST TRANSCONTINENTAL TICKET TO HONG KONG AND CHINA'S PROFESSIONAL RANKS.

THE CONTRASTING STYLES OF PLAY AND VARIETY OF NATIONALITIES IN HONG KONG, PROVED TO BE FERTILE GROUND FOR TILLEY.

"YOU BENEFIT BY PLAYING IN DIFFERENT PLACES. YOU PICKED UP A LITTLE THING HERE A LITTLE THING THERE. IN CHINA, THE SKILL LEVEL WAS JUST INCREDIBLE. THEIR COACHING AND HEART WEREN'T UP TO THAT OF ENGLAND. BUT THAT WILL COME THERE IN TIME. HOWEVER, THEIR ABILITY ON THE BALL WAS EXCELLENT."

AS A STRIKER WITH GUANDONG IN CHINESE "A" LEAGUE, TILLEY SHOWED THAT HIS OWN KNACK WITH THE BALL WASN'T LACKING AS HE SCORED SEVEN GOALS IN TEN MATCHES.

AFTER MOVING UP TO THE CHINESE PRO LEAGUE WITH FOSHAN FOSTI F.C., THE NOW SEASONED INTERNATIONAL BOOKED HIMSELF A SECOND TRANSCONTINENTAL TICKET THIS TIME TO NORTH AMERICA WITH THE RHINOS' RIVAL, THE TORONTO LYNX.

TILLEY TALLIED A RESPECTABLE 18 POINTS (SIX GOALS, FOUR ASSISTS) IN AS MANY GAMES WITH TORONTO, BEFORE LEAVING THE FRYING PAN AND ENTERING THE FIRE IN THE EYES OF MANY RHINOS FANS, BY BEING TRADED TO ROCHESTER'S ARCH-NEMESIS THE MONTREAL IMPACT.

THE CHANGE OF ENVIRONMENT SPARKED TILLEY AS HE MADE A MAJOR IMPACT IN MONTREAL NEARLY DOUBLING HIS POINT TOTAL WITH SEVEN GOALS AND TWO ASSISTS IN ONLY NINE CONTESTS.

HOWEVER, THE A-LEAGUE'S NINTH-LEADING SCORER IN '97 DOESN'T WORRY THAT HIS RECENT PAST WITH THE RHINOS' BIGGEST NORTHEAST DIVISION RIVALS WILL KEEP HIM FROM BEING A FAN FAVORITE IN ROCHESTER.

"IT DOESN'T MATTER. THE BOTTOM LINE IS TO WIN GAMES. IF I DON'T PLAY HARD AND WE DON'T WIN GAMES, THE FANS WON'T BE HAPPY. IF WE DO WELL, THE FANS WON'T REMEMBER THE PAST," SAYS TILLEY.

KEEPING ROCHESTER FANS HAPPY WILL BE PRIORITY FOR TILLEY. YET, HE'S PREPARED FOR THE DAY WHIN HIS GOAL-SCORING DAYS ARE BEHIND HIM.

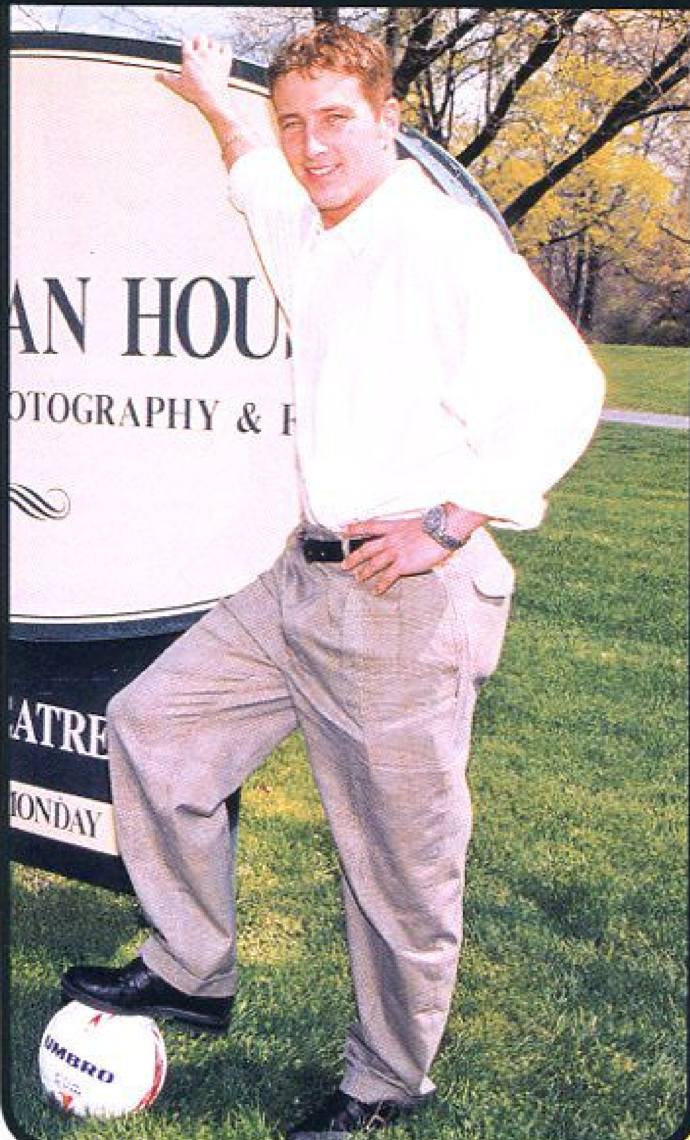
"I HAVE MY CLASS A COACHING LICENSE AND I'M READY IF A PROFESSIONAL OR COLLEGE OPPORTUNITY ARISE.

"BUT, THE IDEA IS TO WORK HARD AND PLAY FOR AS LONG AS I CAN. I'VE BEEN FORTUNATE BUT I'M NOT READY TO FINISH UP JUST YET."

AND, WITH A CAREER THAT'S TAKEN HIM AROUND THE WORLD ONCE ALREADY AND LET HIM PLAY OUT HIS BOYHOOD DREAM, NO FAN OF THE GAME CAN BLAME HIM.

CONTINUES HIS DREAM

DOUG MILLER



FORWARD No. 19

1997 Rochester Press/Radio Club Local Pro Athlete of the Year

1997 A-League MVP
1997 A-League Top Goal Scorer
1997 A-League Top Point-Getter
1997 A-League First Team All-Star
1997 Rhinos Team MVP
1996 A-League Top Goal Scorer
1996 A-League First Team All-Star

Favorite movie: The Lion King
Favorite actor: Mel Gibson
Favorite actress: Jennifer Aniston
Favorite band/musician: Wayne Watson
Favorite TV show: Seinfeld
Favorite food: Italian
Favorite soccer player (past or present): Bogie
Favorite non-soccer playing athlete: Greg Norman
Favorite non-soccer sport to watch: Golf
Favorite non-soccer sport to play: Golf
First job: Dishwasher
Favorite vacation spot: Maui
Pet peeves: Smoking
Hobbies: Golfing
First car: Mustang
Fluent Languages: English
Superstitions/Game-Day rituals: Prayer
Favorite thing about Rochester: the community
Favorite Rochester Restaurant: Mario's via Abruzzi

What did you do in the offseason?: Played for the Buffalo Blizzard

Doug and his fiancée Kari have been busy planning their wedding.

C O N D E N S E D
LAWS OF THE GAME

LAW I: FIELD OF PLAY



LAW II: BALL The ball is made of leather or other safe, approved material: 27 to 28 inches in circumference, 14 to 16 inches, inflated to a pressure of 9.0 to 10.5 psi.

LAW III: NUMBER OF PLAYERS A maximum of 11 players on the field for each team, one of whom must be designated as a goalkeeper. Up to two substitutes may be used by each team.

LAW IV: PLAYERS' EQUIPMENT Jersey, shorts, stockings, shinguards and shoes. The goalkeeper's jersey color must distinguish him from other players and the referee. A player may not wear anything dangerous to another player.

LAW V: REFEREE One referee is appointed for each match. He is responsible for enforcement of the Laws; serving as timekeeper; disciplining players; stopping the match if, in his opinion, a player has been seriously hurt; preventing persons other than the players and linesmen from entering the field without his permission. All decisions by the referee are final.

LAW VI: LINESMEN Two linesmen are appointed to assist the referee in controlling the match by indicating offsides when a ball has crossed a touchline and which team should put it back into play with a throw-in; when a ball has crossed a goal line and whether it should be put back into play with a goal kick or corner kick; when an infraction has been committed; and whether a goal has been scored fairly.

LAW VII: DURATION OF THE GAMES Two equal periods of 45 minutes. The referee may extend the time for long or unusual delays, such as injury or time wasting by a team. (Note: A-League rules call for a sudden-death overtime period of 15 minutes and, if necessary, a shoot-out tiebreaker when a match is tied after 105 minutes of regulation play.)

LAW VIII: START OF PLAY The team that wins the coin flip can either choose which end of the field it wishes to defend or take the kickoff. Each team must remain on its own half of the field and the defending players must be a minimum of 10 yards away from the ball until it is kicked forward and rolled its full circumference. A goal cannot be scored directly from kickoff. After a goal, the team scored upon kicks off. After halftime the kickoff is taken by the team that did not kick off to start the game. Drop ball: When the referee stops play for a reason other than a rule infraction or a delay such as a player injury, he restarts play by dropping the ball where the ball was when the play was stopped. A drop ball is not in play until it hits the ground.

LAW IX: BALL IN AND OUT OF PLAY The ball is out of play when (a) it has completely crossed the goal-line or touchline, whether on the ground or in the air, or (b) the game has been stopped by the referee. The ball is in play at all other times from the beginning to the end of a half, including when it remains on the field after striking the referee, linesmen, goal post, crossbar, or corner flag; and after an assumed infringement of the Laws, until the referee stops play.

LAW X: METHOD OF SCORING A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar while it is legally in play.

LAW XI: OFFSIDE A player is in an offside position if he is nearer to his opponent's goal line than the ball, unless (a) he is in his own half of the field of play, or (b) there are at least two of his opponents as close or closer to their own goal. A player is penalized for being in an offside position only if, at the moment the ball touches or is played by a teammate, he is (in the opinion of the referee) (a) interfering with play with an opponent, or (b) seeking to gain an advantage by being in that position. A player is not declared offside by the referee (a) merely because of his being in an offside position, or (b) if he receives the ball directly from a goal kick, corner kick or throw-in, or when it has been dropped by the referee.

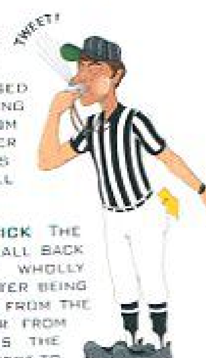
LAW XII: FOULS AND MISCONDUCT A team whose player intentionally attempts or actually kicks, trips, jumps at, charges violently, charges from behind, strikes or spits at, holds or pushes an opponent, or handles the ball is penalized by a direct kick. Any one of these nine offenses committed in the penalty area by a defender results in the awarding of a penalty kick to the attacking team. A team whose player commits less fragrant fouls such as offsides, dangerous play or obstruction is penalized by an indirect free kick. The referee may caution a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission; the offender is shown a yellow card. The referee also may send off (eject) a player (or others) for violent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution. The player sent off the field may not be replaced.

LAW XIII: FREE KICK A direct free kick from which a goal can be scored directly against the offending team; an indirect free kick from which a goal cannot be scored unless the ball has been touched by another player before entering the goal. In both cases, the offending team's player must be at least 10 yards from the ball until the ball has been touched, and the ball must be still. (Note: A-League rules call for defenders to stand at least 15 yards from the ball on all free kicks.)

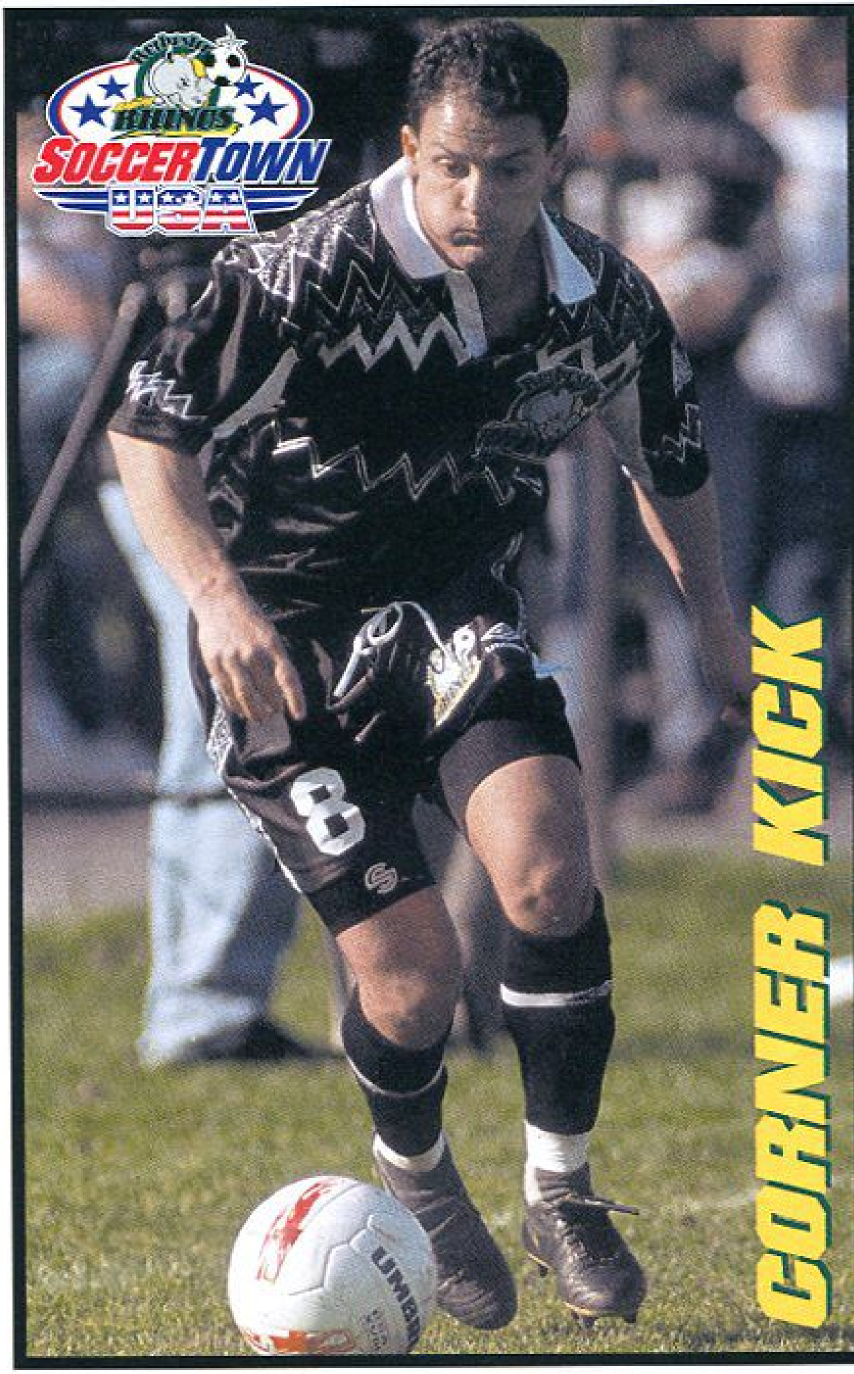
LAW XIV: PENALTY KICK A direct free kick from the penalty spot. All players except the player taking the kick and the opposing goalkeeper taking the kick and the opposing goalkeeper must remain outside the penalty area until the ball is kicked. The defending goalkeeper may move laterally along the goal line prior to the striking of the ball, but he may not move forward until the ball is struck by the shooter.

LAW XV: THROW-IN The method for putting the ball back into play after it has wholly passed over the touchline. A player from the team that did not touch the ball last takes the throw-in from the point on the touchline where the ball exited the field; he throws by using both hands to deliver the ball from behind and over his head; a part of each foot is either on the touchline or on the ground outside the touchline. An indirect free kick will be awarded if a goalkeeper picks up the ball with his hands after receiving a throw-in from a teammate.

LAW XVI: GOAL KICK The method for putting the ball back into play after it has wholly crossed the goal line after being touched by a player from the attacking team. A player from the team that was defending kicks the ball from his own goal area.



LAW XVII: CORNER KICK The method for putting the ball back into play after it has wholly crossed the goal line after being last touched by a player from the defending team. A player from the attacking team kicks the ball from the corner nearest to where the ball exited the field.


Rhinos
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CORNER KICK



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THE PERFORMANCE CONSULTANT



Dr. Elizabeth
KELLY

Team: A group organized to work together. The great mystery. Simple in definition, much harder in practice. Coaches (and drill sergeants) throughout the span of history have grappled with the issue of how to mold individuals into a unit. In soccer especially, this is a daunting task – to "get on the same page" is to virtually read your teammates' minds. Toss in language and cultural barriers, a highly demanding soccer community, and an organization where in pride is paramount, and you've got a job for Freud himself.

Dr. Elizabeth Fell Kelly surpassed all the qualifications that the Rhinos were looking for in a sports psychologist. A colleague of Trainer Craig Rand at Monroe Community College, Dr. Kelly was brought in for the 1998 season with hopes that she could help solidify the Rhinos – mentally and physically. Besides serving as the physical education program director at MCC for the last 12 years and teaching professional theory courses for majors for the past 15 years, she also runs her own private sports psychology practice out of her home in Pittsford. At **PERFORMANCE CONSULTANTS**, Dr. Kelly has helped clients ranging from a four-year-old gymnast to an 87-year-old golfer. She has worked with individual sports and team sports. And now she has the responsibility of working with coaches Ercoli, Odoi, and the rest of the Raging Rhinos.

"My primary goal for the Rhinos is to help them with their psychological skills as athletes. Things like anxiety control, goal-setting, concentration, visualization, and relaxation training. We need to focus on making fewer mental mistakes, minimizing distractions, and maintaining mental intensity – both in terms of the beginning to end of a game, and the whole season," said Kelly. "They'll be able to carry these skills onto the field."

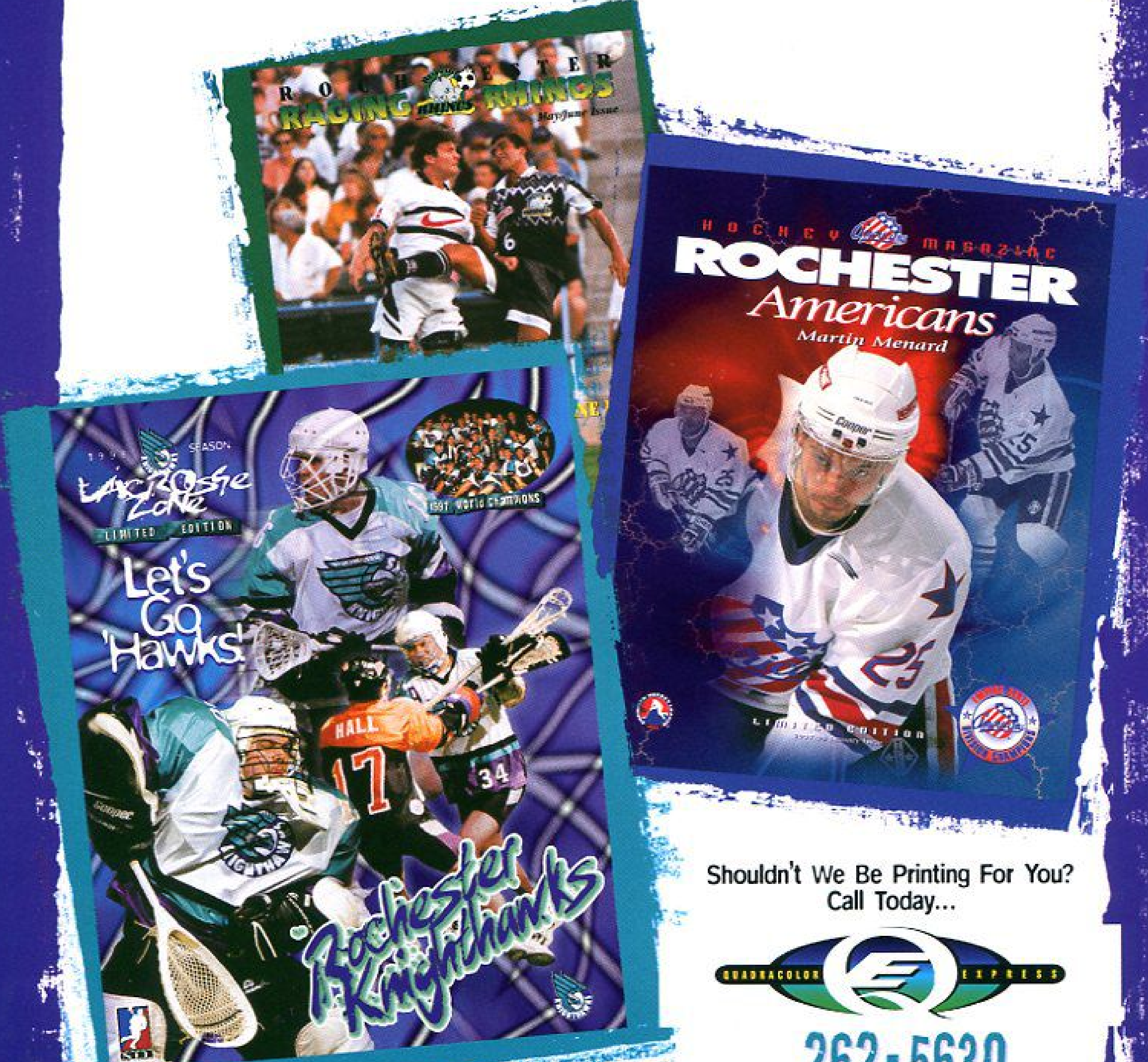
As a team, Kelly aims to help create a family community based on honesty, openness, and positive communication. She has been meeting with the entire team on a weekly basis and her input has been welcomed and put into practice, with all early indications pointing to a rediscovered and refocused sense of team unity; this should be attributed both to her work as well as the players' admission of its importance.

The Nerve

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UPCOMING GAMES

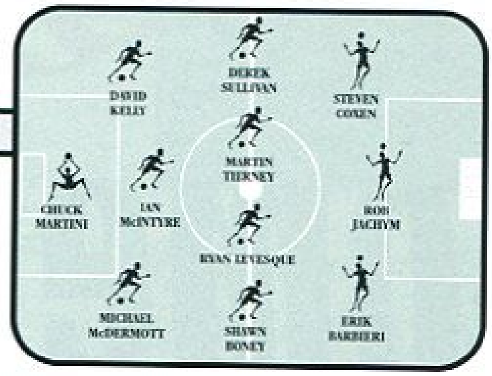
CONNECTICUT WOLVES

NEW BRITAIN, CONNESTICUT

SATURDAY, MAY 16 - 7:35 P.M.

OWNER/PRESIDENT: CLIFF ONOLFO
GENERAL MANAGER: TOM JACKSON
HEAD COACH: STEVE STOKOE
ASSISTANT COACH: RAMIROS ALZATE

A-LEAGUE MEMBER SINCE: 1993 (USISL SELECT LEAGUE)
1997 RECORD: 12-16
HOME FIELD: VETERAN'S MEMORIAL STADIUM-CAPACITY: 10,000



THE WOLVES WILL ONLY SEE FRONTIER FIELD ON ONE OCCASION THIS SEASON, WHICH ALSO HAPPENS TO BE ROCHESTER'S HOME OPENER. THE WOLVES VISITED THE RHINOS' HOME PITCH TWICE LAST YEAR, SPLITTING THE TWO DECISIONS; ROCHESTER ALSO CAME AWAY WITH A 3-1 VICTORY OVER THE WOLVES AT VETERAN'S MEMORIAL STADIUM . HEAD COACH STEVE STOKOE, A NATIVE OF ENGLAND, PLAYED TWO YEARS FOR THE WOLVES AND WAS A TEAM CAPTAIN DURING THAT SPAN. STOKOE HAS A 26-26 OVERALL RECORD MANNING THE SIDELINES FOR CONNECTICUT.

CONNECTICUT WILL RELY ON VETERAN DEFENDERS 'IRON MAN' DAVE KELLY TO STOP DOUG MILLER - WHO FOUND THE BACK OF THE NET FIVE TIMES IN THREE GAMES AGAINST CONNECTICUT LAST SEASON - BUT ALSO TO IMPROVE LAST SEASON'S DISAPPOINTING EFFORT WHICH ALLOWED 45 REGULAR-SEASON GOALS IN 1997, AN AVERAGE OF ALMOST TWO GOALS PER GAME. ANOTHER FAMILIAR FACE FOR RHINOS FANS WILL BE 1997 A-LEAGUE ALL-STAR SHAWN BONEY, AN AGGRESSIVE AND TENACIOUS MIDFIELDER. THE LEADING CANDIDATE TO BECOME THE STARTING GOALKEEPER IS CHUCK MARTINI, WHO SAW ACTION IN FOUR GAMES IN 1997.

WORCESTER WILDFIRE

WORCESTER, MASSACHUSETTS

FRIDAY, MAY 22 - 7:35 P.M.

OWNERS: SOCCER, INC.
CHAIRMAN: JOHN CURTIS
PRESIDENT: MICHAEL JONES
HEAD COACH: JOHN KERR, JR.

A-LEAGUE MEMBER SINCE: 1996 (USISL SELECT DIVISION)
1997 RECORD: 7-21 OVERALL
COLORS: BLACK AND WHITE
HOME FIELD: FOLEY STADIUM - CAPACITY: 5,000



WORCESTER HAS MADE SOME KEY ADDITIONS TO THEIR SOCCER DEPARTMENT WITH HOPES OF ERASING THE MEMORY OF LAST SEASON, IN WHICH THEY POSTED THE SECOND-TO-LAST WORST RECORD IN THE A-LEAGUE AT 7-21. FARRUKH QURAISHI, A FORMER PLAYER DEVELOPMENT CONSULTANT FOR MAJOR LEAGUE SOCCER, HAS JOINED THE CLUB AS A SPECIAL CONSULTANT, AND FORMER U.S. NATIONAL TEAM PLAYER JOHN KERR, JR. IS THE WILDFIRE'S NEW HEAD COACH. KERR HAS SPENT THE PAST TWO SEASON WORKING WITH MLS'S NEW ENGLAND REVOLUTION.

ON THE FIELD, WORCESTER RETURNING DEFENSIVE STALWART GARY CROMPTON, WHO LEAD THE 1997 TEAM IN MINUTES PLAYED, ANCHORS THE DEFENSE. ALONGSIDE CROMPTON WILL BE NEW-COMER JOE BRADLEY FROM THE CAP COD CRUSADERS (USISL-III). RETURNING FORWARD JUSTIN CECCARELLI AND NEWCOMER CARLOS ROCHA LOOK TO LEAD THE WILDFIRE'S OFFENSIVE ATTACK.

LAST SEASON, THE RHINOS AND WILDFIRE SPLIT A TWO-GAME SET. THE RHINOS BLANKED THE WILDFIRE 4-0 AT FRONTIER FIELD, BUT THE WORCESTER SQUAD CAME BACK TO EEK OUT A 3-2 SHOOTOUT WIN AT FOLEY STADIUM. DOUG MILLER AND JIMMY GLENN HAD TWO GOALS APIECE AGAINST THE WILDFIRE IN 1997.

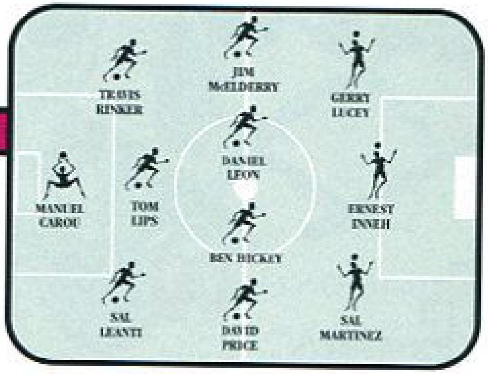
LONG ISLAND ROUGH RIDERS

PLAINVIEW, NEW YORK

FRIDAY, JUNE 5 - 7:35 P.M.

OWNERS: LOUIS S. EDERER/ CHUCK JACOB
PRESIDENT: LOUIS EDERER
HEAD COACH: PAUL RILEY

A-LEAGUE MEMBER SINCE: 1994 (USISL SELECT LEAGUE)
1997 RECORD: 16-12 OVERALL
COLORS: BLUE, WHITE AND RED
HOME FIELD: HOFSTRA STADIUM - CAPACITY: 15,000



THE RAGING RHINOS WILL BE LOOKING FOR REVENGE AFTER LOSING TO THE ROUGH RIDERS TWO SHOOTOUT GAMES TO THE ROUGH RIDERS IN LAST YEAR'S NORTHEAST DIVISION SEMI-FINALS. THE LONG ISLANDERS HAVE A NEW FACE GUIDING THE TEAM ON THE SIDELINES - PAUL RILEY - A FORMER CAPTAIN AND ORIGINAL MEMBER OF THE ROUGH RIDERS. FORMER COACH ALFONSO MONDELO HAS JOINED THE COACHING STAFF OF THE NEW YORK/NEW JERSEY METROSTARS OF MAJOR LEAGUE SOCCER.

DEFENDER TRAVIS RINKER, AN ALL-STAR FOR THE LAST FOUR CONSECUTIVE SEASONS, IS THE JEWEL OF LONG ISLAND'S IMPRESSIVE ROSTER. HIGH-SCORING MIDFIELDER DANIEL LEON ALSO RETURNS FOR THE ROUGH RIDERS. MINDING THE NETS WILL BE MANUEL CAROU.

DURING THE 1997 REGULAR SEASON, ROCHESTER AND LONG ISLAND PLAYED ONE GAME AT FRONTIER, WHICH THE RHINOS WON 4-0. IN TWO GAMES AT HOFSTRA STADIUM, THE ROUGH RIDERS COLLECTED TWO WINS - ONE IN REGULATION TIME AND ONE VIA SHOOTOUT - BUT BOTH BY A COUNT OF 2-1. JIMMY GLENN HAD THREE GOALS IN THREE GAMES AGAINST LONG ISLAND.

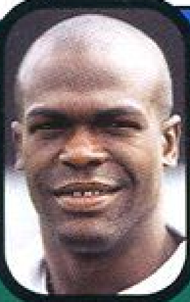
Rochester Raging Rhinos
SoccerTown USA



Rett Thompson — Goalkeeper
HT: 6' 4"
WT: 200
Born: 11.17.69 Rochester NY
'97 Club: Rochester - A
0



Billy Andracki — Goalkeeper
HT: 6' 0"
WT: 185
Born: 5.25.69 Prince William VA
'97 Club: Rochester - A, Buffalo - NPSL
1



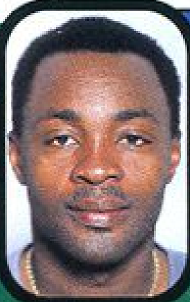
Mali Walton — Defender
HT: 6' 1"
WT: 180
Born: 4.25.72 Flint MI
'97 Club: Rochester - A, Philadelphia - A
6



Tommy Tanner — Midfielder
HT: 5' 8"
WT: 150
Born: 5.10.68 Syracuse NY
'97 Club: Rochester - A, Cleveland - NPSL
8



Mike Britton — Defender
HT: 5' 9"
WT: 170
Born: 8.4.70 Rochester NY
'97 Club: Houston - CISL
9



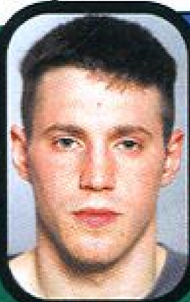
Ezikiel Alamo — Midfielder
HT: 5' 8"
WT: 160
Born: 10.26.72 Accra Ghana
'97 Club: Rochester - A
15



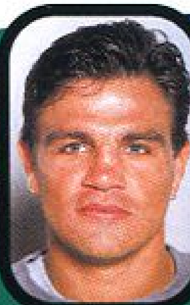
Fuseini Dauda — Defender
HT: 6' 2"
WT: 185
Born: 5.29.75 Accra Ghana
'97 Club: Rochester - A, Detroit - NPSL
17



Jimmy Glenn — Forward
HT: 5' 11"
WT: 180
Born: 8.9.72 Monterey CA
'97 Club: Rochester - A, Buffalo - NPSL
18



Michael Domm — Forward
HT: 5' 10"
WT: 175
Born: 4.10.75 Rochester NY
'97 Club: SUNY Fredonia
22



Lenin Steenkamp — Midfielder
HT: 6' 0"
WT: 180
Born: 9.9.69 South Africa
'97 Club: Rochester - A
23



Kirk Dietrich — Forward
HT: 5' 8"
WT: 155
Born: 5.25.76 Cleveland OH
'97 Club: University of Rochester
24

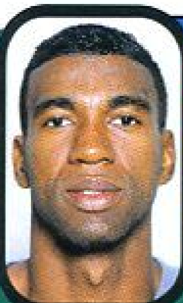


Josh Freeman — Goalkeeper
HT: 6' 2"
WT: 195
Born: 8.8.76 Tenafly NJ
'97 Club: Syracuse University
29



Pat Ercoli — Head Coach
HC

GING RHINOS ROSTER



2 — Mauro DaSilva
Defender
HT: 5' 8"
WT: 160
Born: 3.14.69 Sao Paolo Brazil
'97 Club: Ponta Grossa - Brazilian Div.1



3 — Craig Demmin
Defender
HT: 6' 2"
WT: 185
Born: 5.21.71 Trinidad & Tobago
'97 Club: Jackson (MS) - USISL 111



4 — Scott Schweitzer
Defender
HT: 5' 11"
WT: 150
Born: 8.12.71 Rahway NJ
'97 Club: Carolina - A Cleveland - NPSL



10 — Yari Allnutt
Midfielder
HT: 5' 11"
WT: 170
Born: 2.17.70 Baltimore MD
'97 Club: Carolina - A



12 — Michael Kirmse
Midfielder
HT: 5' 10"
WT: 165
Born: 12.10.72 Long Island NY
'97 Club: Rochester - A Buffalo - NPSL



13 — Yogi McKay
Midfielder
HT: 5' 8"
WT: 160
Born: 6.16.65 Rochester NY
'97 Club: Rochester - A Buffalo - NPSL



19 — Doug Miller
Forward
HT: 5' 8"
WT: 155
Born: 5.5.69 Newark NJ
'97 Club: Rochester - A Buffalo - NPSL



20 — Nate Daligcon
Midfielder
HT: 5' 9"
WT: 145
Born: 8.9.74 Seattle WA
'97 Club: Rochester - A Seattle - A



21 — Joe Mercik
Defender
HT: 6' 1"
WT: 170
Born: 2.17.75 Rochester NY
'97 Club: Rochester - A



25 — Pat Onstad
Goalkeeper
HT: 6' 4"
WT: 215
Born: 1.13.68 Vancouver BC
'97 Club: Toronto - A



26 — Darren Tilley
Forward
HT: 6' 3"
WT: 185
Born: 3.15.67 Keynsham ENG
'97 Club: Toronto - A Montreal - A



27 — Tim Hardy
Defender
HT: 6' 0"
WT: 175
Born: 2.18.73 Detroit MI
'97 Club: Richmond - A

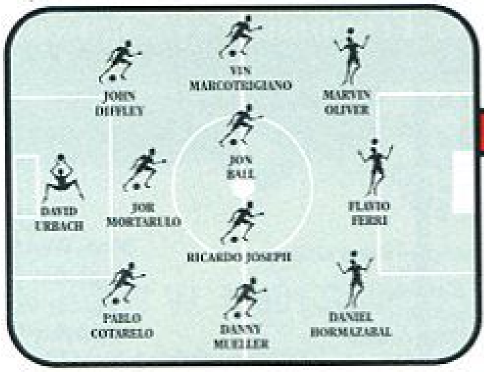


AC — Frank Odoi
Assistant Coach



HT — Craig Rand
Head Trainer

UPCOMING GAMES



STATEN ISLAND VIPERS

STATEN ISLAND, NEW YORK

SUNDAY, JUNE 7 - 6:05 P.M.

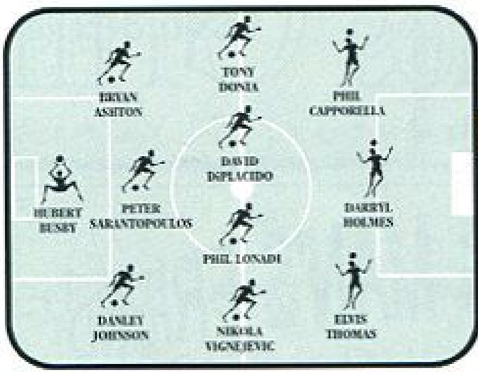
OWNERS: CORRADO MANFREDI, ROGER GOREVIC, LARRY ZEILINSKI, RICHARD GROFF
PRESIDENT: RICHARD GROFF
HEAD COACH: ADRIAN GAITAN
ASSISTANT COACHES: JUAN OSORIO, SHAWN TARQUINIO

A-LEAGUE MEMBER SINCE: 1998 (USISL PRO LEAGUE)
1997 RECORD: INAUGURAL SEASON
COLORS: WHITE AND BLACK
HOME FIELD: TOTTENVILLE H.S.

A new face in the Northeast Division belongs to the Staten Island Vipers, a group that hopes to be competitive quickly in the A-League. Vipers President Richard Groff is a former Commissioner of the A-League and Head Coach Adrain Gaitan was the captain of the 1995 USISL Select League Champion Long Island Rough Riders.

The Vipers roster features a major amount of national team experience - midfielder John Diffley (USA) and midfielder Daniel De Oliveira (Venezuela) to name a few. The Vipers have been represented in net by David Urbach.

In two 1998 pre-season games, the Vipers and Rhinos played to a set of 0-0 ties.



TORONTO LYNX

TORONTO, ONTARIO

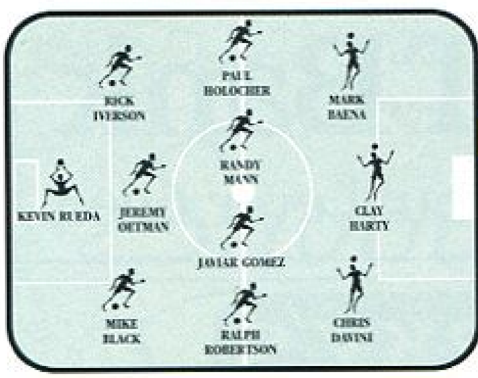
FRIDAY, JUNE 19 - 7:35 P.M.

OWNERS: ENZO IANTORNO, BRUCE HARTRELL, BRUNO TESAN
PRESIDENT: ENZO IANTORNO
HEAD COACH: PETER PINIZOTTO
ASSISTANT COACH: PETER SARANTOPOULOS

A-LEAGUE MEMBER SINCE: 1997
1997 RECORD: 14-14 OVERALL
COLORS: PURPLE, BLACK, WHITE AND TEAL
HOME FIELD: VARSITY STADIUM - CAPACITY: 21,739

After an impressive inaugural campaign, the Lynx return under the guidance of Head Coach Peter Pinizzotto. At one point last season, the expansion Lynx compiled a ten-game win streak. Toronto took three of four in 1997 from Rochester - including a 1-1 split at Frontier Field. Jimmy Glenn scored two goals for Rochester in those four games last season.

Former Lynx goalkeeper Pat Onstad is now defending the Rhinos goal, and Rhino forward Darren Tilley also spent time with the Lynx last season before being dealt to Montreal. Now in goal is Hubert Busby, and taking over the scoring duties from Tilley is forward Darryl Holmes and midfielder Phil Capporella. A familiar face for Rhinos fans will be new Lynx midfielder Nicky Vignjevic, a member of Rochester's 1997 squad.



CALIFORNIA JAGUARS

SALINAS, CALIFORNIA

SUNDAY, JUNE 21 - 6:05 P.M.

OWNERS: ENRIQUE GARCIA, ROBERT ALDERETE
PRESIDENT: ROBERT ALDERETE
HEAD COACH: DAN TOBIAS

A-LEAGUE MEMBER SINCE: 1995 (USISL SELECT LEAGUE)
1997 RECORD: 18-10 OVERALL
COLORS: PURPLE, YELLOW AND WHITE
HOME FIELD: SALINAS SPORTS COMPLEX

This will be the first-ever meeting between the Rhinos and last season's 1997 Pacific division champion California Jaguars, and therefore also the first meeting on Frontier Field of the A-League's top two scorers in 1997, Rochester's Doug Miller and California forward Mark Baena. The Jags are led by new Head Coach Dan Tobias, who led the Central Coast Roadrunners of the PDSL to back-to-back championships.

Veteran goalkeeper Kevin Rueda has posted some impressive numbers over the past few seasons, and returning defender Rick Iverson leads the stingy California defense. A set of high-potential newcomers have joined the Jags, including physical defender Jeremy Oetman and former U.S. Under-18 National Team midfielder Javiar Gomez.



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Floorplans	Prices
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I-490 West to Exit 5, Chili Center; Left to Coldwater Rd; Right to Chili Ave; Less than 1 mile to Old Scottsville-Chili Rd (turn left at Kwik Fill gas station); Follow signs.



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A FABER Community

FOR YOUR INFO

Rhinos Fan Guide To Your Soccer Game Night Enjoyment

ACCESS: Frontier Field is easily accessible from Route I-490; Exit from east or west bound I-490 onto Plymouth Avenue. The Main Gate and Ticket Office is located along Morrie Silver Way.

ATM: An Automated Teller Machine is available for use at Frontier Field.

CAMERAS: Fans may bring cameras or camcorders into Frontier Field for their personal use. However, we ask that you do not block anyone else's view of the game, or use flash attachments at any time.

COMMUNITY APPEARANCES: The Rhinos welcome the opportunity to speak to your group. The Rhinos Community Relations Department schedules appearances by players, members of the front office and the team mascot. Contact the Rhinos Community Relations Department for more information.

CONTAINER POLICY/ALCOHOL: Containers with food and/or beverages may not be brought into Frontier Field. Food and drinks are sold throughout the Stadium for your enjoyment.

EMERGENCY PHONE CALLS: Guest Services is available as a service to fans expecting emergency phone calls. Fans may leave their seat locations with Guest Services and they will be then contacted with the message. Due to the many requests, public address, medical emergency, or video board paging is not permitted.

FAN BEHAVIOR: Our code of behavior is simple - we would like you to enjoy the game in a manner that permits other fans around you to do the same. If your enjoyment is curtailed by rude behavior of fans near you, please report the problem to ushers or security personnel. If you are unsatisfied with the handling of a particular situation, we want to hear from you. Please call or write our offices, Rochester Raging Rhinos, 333 N. Plymouth Ave., Rochester, N. Y. 14608. The phone number is (716) 454-KICK.

FIRST AID: For those requiring medical assistance for any reason, contact your section's usher or security personnel and they will escort you to the Frontier Field first aid station.

GAME TIMES: All Rhinos home games will begin at 7:35 p.m., except Sunday games, which begin at 6:05 p.m. Check with the Frontier Field ticket window for exhibition/playoff game times. The gates to Frontier Field open one hour before game time. Both teams have a 20 minute warm-up session about 40 minutes before each game.

GROUP TICKETS: The Rhinos have special discounts available for group and multi-game purchases. Contact the Rhinos Group Sales Department at (716) 454-KICK.

GUEST SERVICES: Guest Services is available to all patrons of Frontier Field. It is located on the Main Concourse near the Main Gates. The Guest Services Booth operates from the time the Stadium opens until after the game ends. Fans may obtain information and assistance, offer suggestions or register complaints at the Guest Services Booth.

HANDICAPPED SEATING: Handicapped seating is available at Frontier Field. Please contact either the Frontier Field Ticket Office or the Rhinos Office for information and assistance.

LOST AND FOUND: Contact the security person near your section and they will escort you to the Frontier Field Offices.

MAILING ADDRESS AND PHONE NUMBERS: The Rhino Offices are located on site at Frontier Field at 333 North Plymouth Ave., Rochester, N.Y. 14608. Our phone number is (716) 454-KICK, and our fax number is (716) 454-5453. Fan mail for individual players and coaches should be sent to them directly at that address.

PETS: Pets are not allowed at Frontier Field. Guide dogs and seeing-eye dogs are the exception - they are allowed in Frontier Field.

RADIO COVERAGE: WYSL News 1040-AM is the flagship station of the Rhinos Radio Network, which covers all home and away games. WBER (FM-90.5) will also carry all of the Rhinos games this season. Don Stevens will be the play-by-play broadcaster, with Don Lalka providing the color commentary for all home games.

RESTROOMS: Restrooms are located on all levels of the Stadium. Diaper changing areas are available in both the men's and women's rooms. A family (Unisex) restroom is available in the Main Concourse.

SMOKING: Smoking is only permitted in the designated areas along the Main Concourse.

SPECIAL SERVICES: Frontier Field provides many services and amenities to accommodate the needs of guests with disabilities. Information may be obtained at Guest Services.

SOUVENIRS: Various merchandise items, including hats, T-shirts, golf shirts, sweatshirts and other Rhino gifts can be purchased at souvenir stands around Frontier Field or at the Rhinos Team Store. The Rhinos Team Store is located in the historic firehouse near the Walk of Fame. In addition, souvenir items can be purchased at the Rhino Business Offices during regular business hours. The Rhinos also have a merchandise brochure outlining items that can be purchased through the mail. Write or call the Rhinos Office for one.

TELEPHONES: Pay telephones are located on all levels throughout the Stadium. Two TTY telephones are also available on the Main Concourse level.

TICKETS: Rhinos fans may purchase single-game tickets at the Frontier Field Ticket Window or by calling 423-9464.

Tickets at Frontier Field are:

$16.00 (Premium)
$13.00 (Upper-Center)
$12.00 (Sideline & Lower End)
$11.00 (Upper End)
$8.00 (Upper Corner)

Senior citizens tickets may be purchased at a $2.00 discount for any regular season home game. Group tickets may be purchased by calling the Rhinos Office at (716) 454-KICK.

TOURS: Frontier Field tours are conducted throughout the season. Fans get a chance to view different areas of the Stadium, the clubhouse, press box and the owner's suite. Fans will also receive information on the construction and the amenities of Frontier Field. Special group tours are also available. Please call (716) 262-2009.

WALK OF FAME: The Frontier Field Walk of Fame is a tribute to fans, players and media throughout Rochester's sports history. It is comprised of panels, each displaying a member of Rochester Sports Walk of Fame, surrounded by bricks with names of fans and businesses who support Rochester's rich tradition of sports history. Bricks can be purchased at the cost of $100.00 per brick. If interested in getting your name on a brick in the Walk of Fame call (716) 777-9642.

WEB SITE: Visit the Official Rhinos Website at www.rhinossoccer.com for all the latest information and updates on the Rhinos.

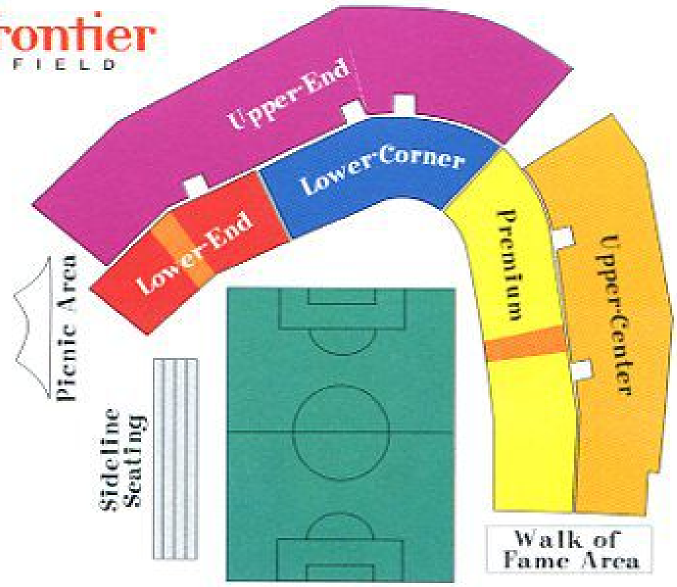
STADIUM

TICKET PRICES

PREMIUM	$ 16
UPPER-CENTER	$ 13
LOWER-END	$ 12
SIDELINE	$ 12
UPPER-END	$ 11
LOWER-CORNER	$ 8

(716) 454 KICK

WWW.RHINOSSOCCER.COM



NATURALLY REFRESHING



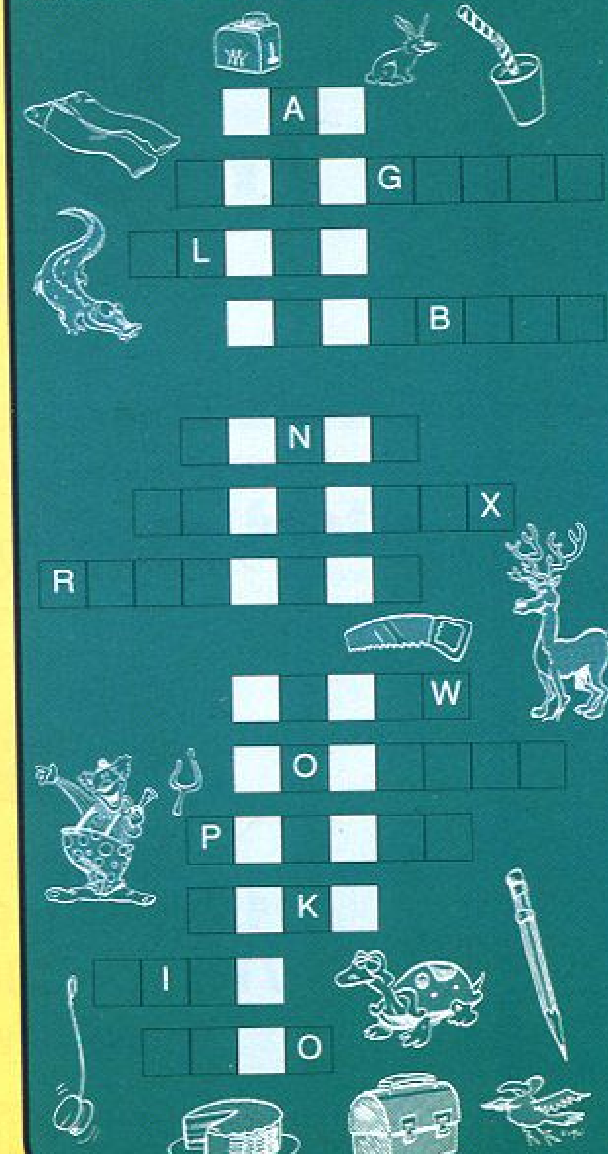


SENECA KIDS



PICTURE ACROSTIC

FILL IN EACH OF 13 WORDS READING ACROSS WITH THE NAME OF ONE OF THE 15 PICTURES ON THE PAGE, USING THE WORD LENGTHS AND GIVEN LETTER AS GUIDES. WHEN ALL THE WORDS ARE FILLED IN CORRECTLY, THE SHADED COLUMNS, READING DOWN, WILL SPELL A PHRASE THAT HAS TO DO WITH THE TWO UNUSED PICTURES.



RIDDLE SEARCH

HIDDEN AMONG THE LETTERS OF THE GRID BELOW ARE THE NAMES OF 26 PLAYTHINGS. TO FIND THEM IN THE GRID, LOOK ACROSS, BACK, DOWN, AND DIAGONALLY. CIRCLE EACH ONE YOU FIND. THE WORD BALLOON HAS BEEN CIRCLED AS AN EXAMPLE.

WHEN YOU'VE CIRCLE ALL 26 WORDS, TAKE THE UNCIRCLED LETTERS FROM THE GRID AND WRITE THEM ON THE BLANK SPACES AT THE BOTTOM OF THE PAGE. KEEP THE LETTERS IN ORDER, FROM LEFT TO RIGHT AND FROM TOP TO BOTTOM, AND YOU'LL DISCOVER THE ANSWER TO THIS RIDDLE:

WHY WAS JUNIOR WEARING A SAFARI HAT AND CARRYING A LARGE BOX WITH HUGE, STUFFED DICE?

B S K A T E B O A R D
C I Y E M A G N I W S
R G B A L G E C I D E
A A L L L B M M R P K
Y E O H O C A A O U I
O O C O A G C R N D B
N P K R N H P B O A T
O E S E E M T L I R R
G T T S U N L E P T U
A G S J A C K S O S C
W H I S T L E E T I K

BALLOON	CHESS	GAME	PET
BIKE	CLAY	JACKS	SKATEBOARD
BLOCKS	CRAYON	JUMPROPE	SWING
BOAT	DARTS	KITE	TOP
BOOK	DICE	MAGNET	TRUCK
CARDS	DOLL	MARBLES	WAGON
CARS			WHISTLE

ANSWER: ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___



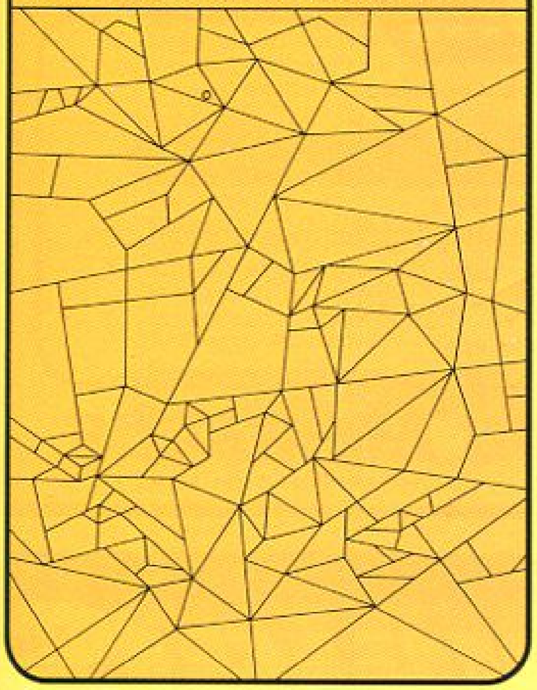




TIVITY PAGE

TRIANGLE TANGLE

Color in each area that has exactly three sides, and you'll see something that makes a big splash!









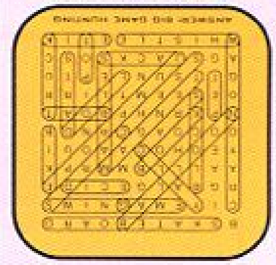






ANSWERS

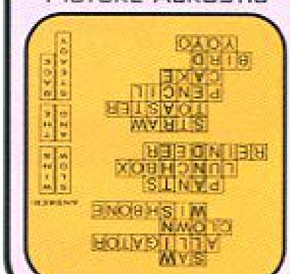
Riddle Search



Triangle Tangle



Picture Acrostic



THANK YOU...

Merril Lynch, The Brown-Renelt Group
Nationwide Precision Products Corporation
Chili Plastics
The Chase Manhattan Bank
The Pike Company, Inc.
Doyle Building Services, Inc.
The Flanders Group
The Frontier Corporation
Reed Eye Associates
Rochester Community Savings Bank
ICS/Executone Telecom Inc.
Paychex, Inc.
Wright-Wisner Distributing Corporation
U.S. Airports
The Xerox Corporation
ISS Cleaning

...1998-'99 SPORTS CLUB MEMBERS

RHINO AWARDS

Rhinos Team Awards

Most Valuable Player

1997 Doug Miller
1996 Rene Rivas

First Class Travel Leadership & Dedication Award

1996 - Lenin Steenkamp
1997 - Tommy Tanner

Rhinos A-League Award-Winners

1997 Most Valuable Player - Doug Miller
1997 Top Goal Scorer - Doug Miller
1997 Top Point-Getter - Doug Miller
1996 Top Goal Scorer - Doug Miller

All A-League Rhinos

1997-Doug Miller (1st Team)
1996-Doug Miller (1st Team)
1996-Rene Rivas (1st Team)

'97 STANDINGS

1997 A-League Regular Season Standings

PACIFIC	GP	W	L	SW	SL	GF	GA	PTS
California Jaguars	28	18	10	1	0	48	34	52
Seattle Sounders	28	18	10	2	3	42	19	50
Colorado Foxes	28	16	12	1	2	49	46	46
Vancouver 86ers	28	16	12	1	1	50	29	46
Orange County Zodiac	28	11	17	1	0	35	62	31
El Paso Patriots	28	8	20	3	3	30	50	18

CENTRAL	GP	W	L	SW	SL	GF	GA	PTS
New Orleans Riverboat Gamblers	28	16	12	3	2	45	42	42
Nashville Metros	28	17	11	7	2	42	34	37
Milwaukee Rampage	28	14	14	3	2	33	36	36
Orlando Sundogs	28	12	16	0	4	39	40	36
Minnesota Thunder	28	13	15	2	5	22	30	35
Atlanta Ruckus	28	12	16	3	1	39	48	30

NORTHEAST	GP	W	L	SW	SL	GF	GA	PTS
Montreal Impact	28	21	7	1	1	58	19	61
Long Island Rough Riders	28	16	12	3	2	44	36	42
ROCHESTER RHINOS	28	14	14	0	5	56	47	42
Toronto Lynx	28	14	14	2	0	44	43	38
Connecticut Wolves	28	12	16	4	1	31	45	28
Worcester Wildfire	28	7	21	1	2	26	61	19

ATLANTIC	GP	W	L	SW	SL	GF	GA	PTS
Hershey Wildcats	28	19	9	1	1	56	33	55
Carolina Dynamo	28	18	10	2	2	63	33	50
Richmond Kickers	28	15	13	0	2	41	35	45
Charleston Battery	28	12	16	2	3	39	50	32
Raleigh Flyers	28	12	16	4	3	34	52	28
Jacksonville Cyclones	28	5	23	1	1	28	73	13

NOTE: Teams earn three points for a regulation or overtime win and one. point for a shootout win. Win and loss columns include shootout wins and losses.

1997 A-League Playoff Review

A - Montreal defeated Toronto two games to none
B - Long Island defeated Rochester two games to none
C - Charleston defeated Hershey two games to one
D - Carolina defeated Richond two games to one
E - New Orleans defeated Orlando two games to none
F - Milwaukee defeated Nashville two games to none
G - Vancouver defeated California two games to none
H - Seattle defeated Colorado two games to none
I - Long Island defeated Montreal two games to one
J - Carolina defeated Charleston two games to one
K - Milwaukee defeated New Orleans two games to one
L - Vancouver defeated Seattle two games to one
M - Carolina defeated Long Island two games to none
N - Milwaukee defeated Vancouver two games to one
O - Milwaukee 2, Carolina 1 (SO)

RHINOS GROUP TICKETS

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SoccerTown USA

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PREMIUM	$16.00	$15.	$14.	$13.
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LOWER END	$12.00	$11.	$10.	$ 9.
SIDELINE	$12.00	$11.	$10.	$ 9.
UPPER END	$11.00	$10.	$ 9.	$ 8.
LOWER CORNER	$ 8.	$ 7.	$ 6.	$ 5.

YOUTH SOCCER TEAM DISCOUNT

UPPER END	$ 7.00
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LOWER CORNER	$ 5.00

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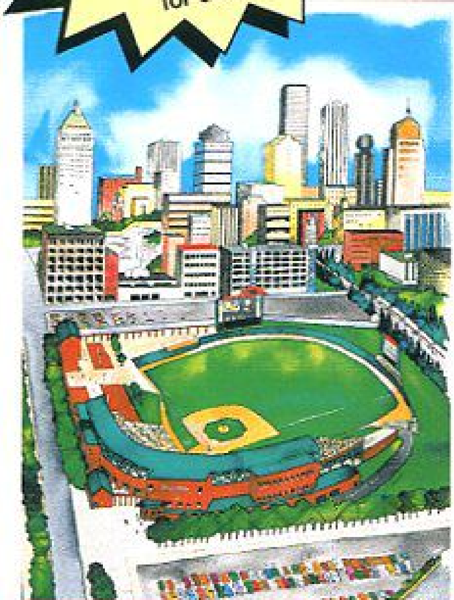


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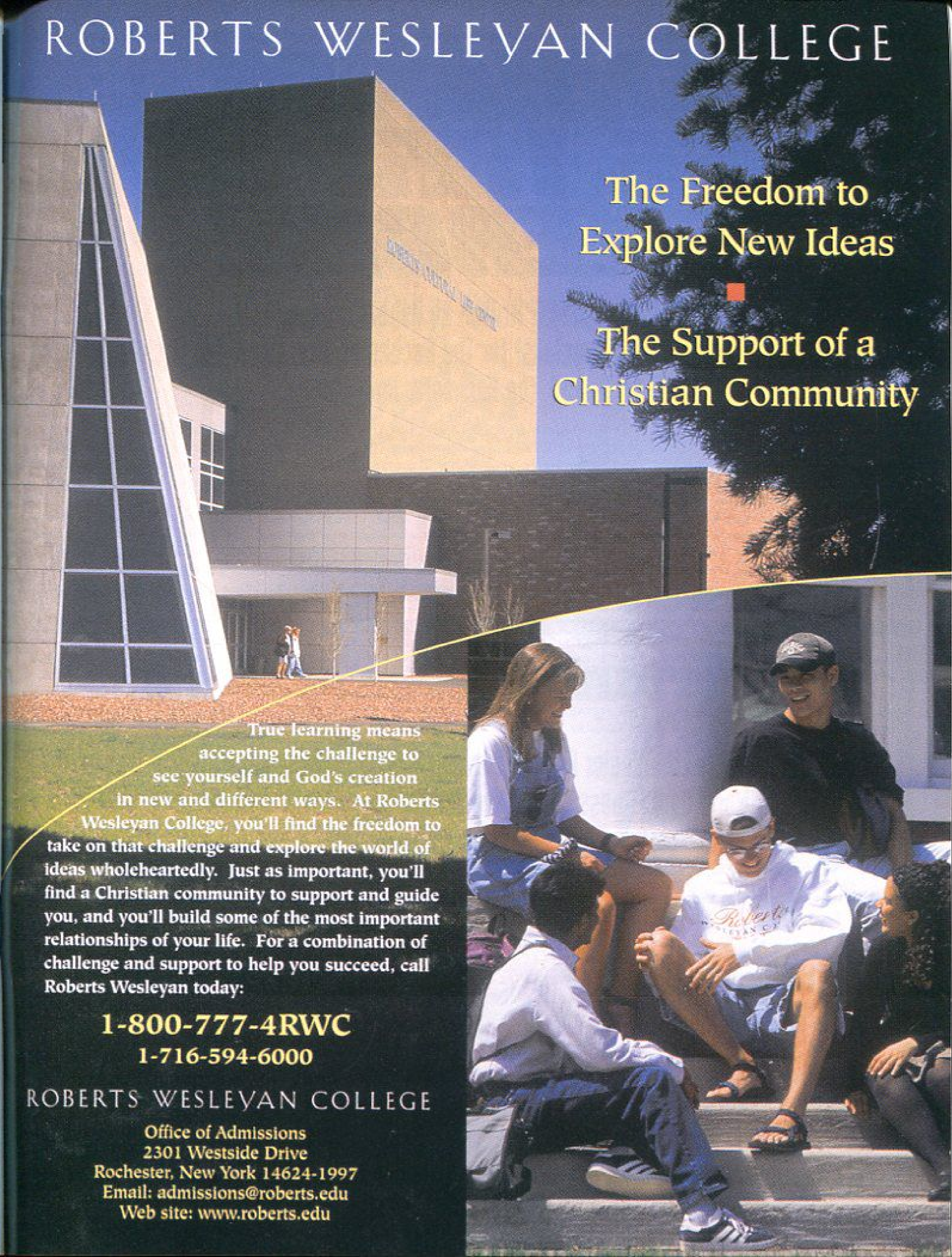
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ENHANCE LIFE THROUGH EXERCISE

Researched & Written by Robert J. Bovee, Strength Coach & Rehabilitation Specialist for The Rochester Americans, The Rochester Raging Rhinos and The Rochester Knighthawks

The main objective of my staff and myself is to enhance the lives by helping people become active in a safe, beneficial and fun exercise program. Did you know that a sixty-five year old who is in training can have a greater physical work capacity than a sedentary thirty-five year old? Studies have shown that all age-associated declines, such as loss of bone mass, muscle loss, decreased flexibility, and so on, can be delayed and even reversed by a regular exercise program. Exercise keeps you young. You can start at any age.

Studies have shown that non-exercising Americans lose at least thirty to forty percent of their strength and ten to twelve percent of their muscle mass by age sixty-five. By age seventy-five, more than one quarter of American men and two thirds of women are unable lift objects heavier than ten pounds. Researchers believe that weight training makes muscles better able to handle stress placed on joint surfaces. Weight-bearing resistance training makes bones stronger by increasing their density. What's more, reversing muscle loss as a result of a sedentary lifestyle that makes you look and feel old, also helps you reduce the risk of the thinning bones of osteoporosis. Increases in mass and size of remaining muscle cells can compensate for ones lost.

As people become inactive, not only do they lose muscle and become weaker, but they develop a sluggish metabolic rate and put on inches of fat even if they don't eat more. As muscle mass decreases and the percentage of body fat increases, one slowly becomes heavier. Aside from the obvious repercussions of gaining fat, such as looking plump and feeling sluggish, the loss of muscle tissue and increase of fat is linked to increased risk of diabetes, high blood pressure and heart disease. The metabolic changes brought on by muscle building can have a positive effect on blood cholesterol which may protect against heart disease, as well as other conditions fueled by inactivity.

Robert Bovee is also the Senior Fitness Director/Senior Professional Personal Trainer of World Gym Fitness Center and The Personal Health Approach.

For more information, please contact Bob at 271-0440.

Mix Kicks!

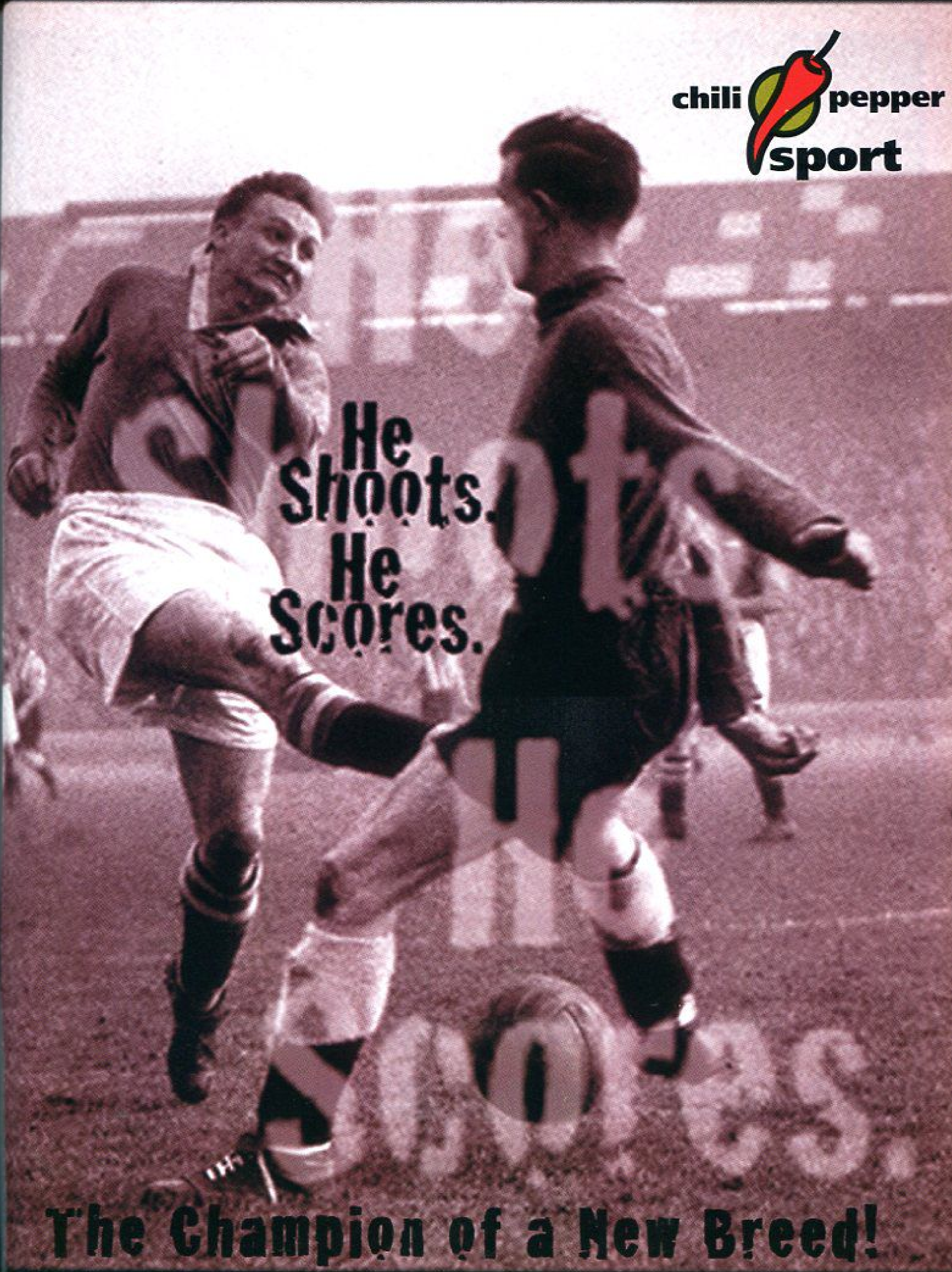
Fleetwood Mac
Bryan Adams
Melissa Etheridge
Eagles
U2
Jewel
Journey

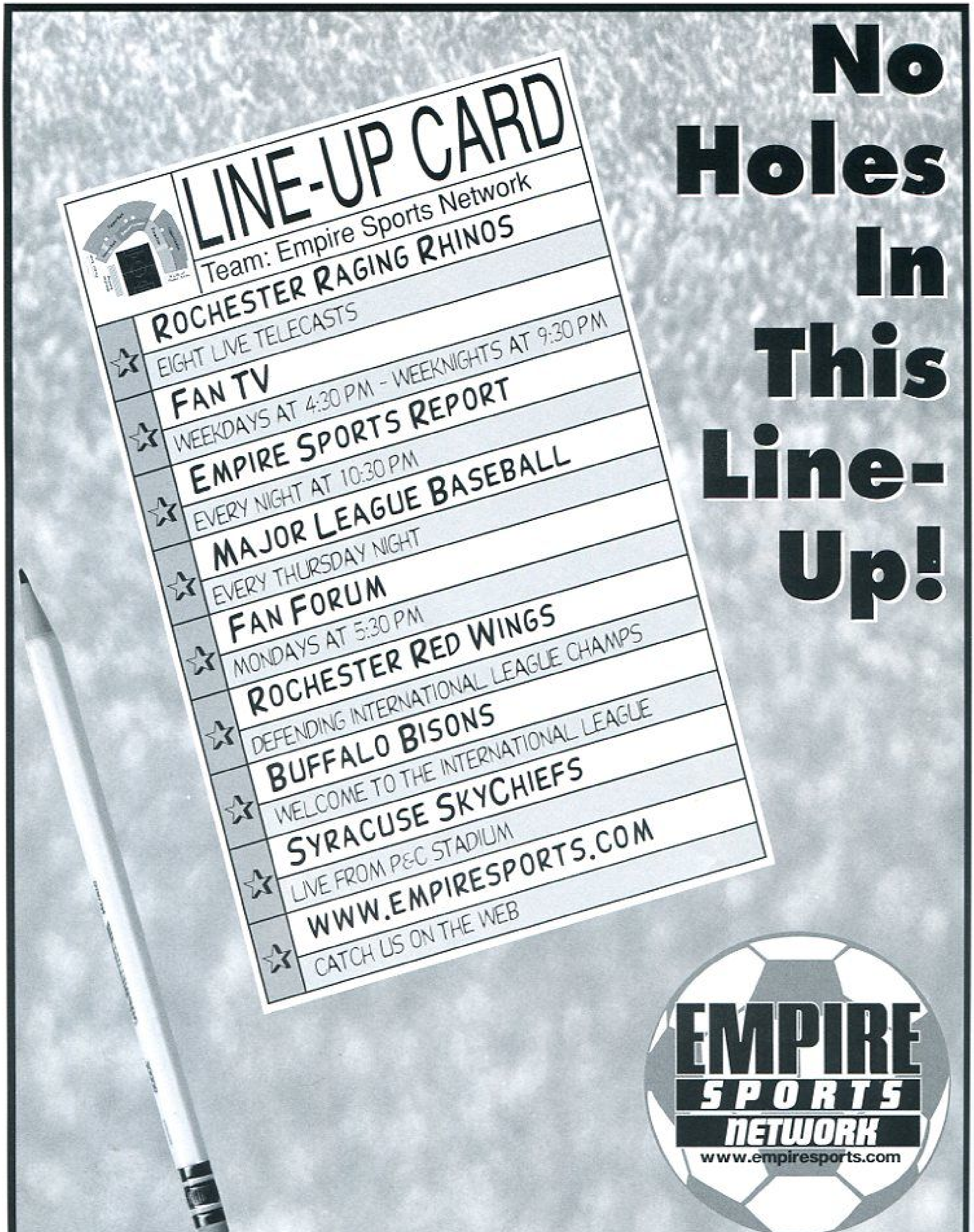


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SOCCER TERMS

ADVANTAGE CLAUSE Applied by the referee when, in his opinion, calling a foul would give an advantage to the offending team. No foul is called and the referee signals "play on."

CAUTION A disciplinary action taken by the referee against a player (or others) for persistent misconduct, dissent, ungentlemanly conduct or entering the field without permission. The offender is shown a yellow card; a second offense brings a red card and the player is ejected from the match.

CENTER A ball passed from a wide position on the field into the penalty area. Also called a "cross."

CHIP Pass lofted high over an opponent or opponents to a teammate.

CHARGE Use of the shoulder to force an attacker off-balance and gain possession of the ball.

CLEARANCE A ball thrown (by the goalkeeper), kicked or headed by the defending team away from its own penalty area.

CORNER KICK Direct free kick taken by an attacking player from the corner of the defending team's end of the field. A corner kick is awarded if a ball was last touched by the defending team before going over the defending team's goal line (but not into the goal).

DEFENDER Player who ordinarily is positioned near his own goal behind the midfielders and forwards and whose primary responsibility is the prevention of the opponent from scoring. Also called "fullback".

DIRECT FREE KICK Usually awarded after a foul. The ball is placed in a stationary position and may be kicked directly into the opposition's goal without first being touched by another attacker. Corner kicks and penalty kicks are also direct free kicks.

DRIBBLE Action of a player who advances the ball with a series of short taps with the feet.

DROP BALL Ball dropped by the referee between two opposing players to restart a game after a play has been stopped for a no-penalty situation.

EJECTION A disciplinary action taken by a referee against a player (or others) for violent conduct and/or serious foul play, foul or abusive language, or persistent misconduct after receiving a caution (yellow card). The offender is shown a red card and sent off the field. He may not be replaced by another player.

FIRST-TIME PASS Ball passed without the player first stopping it. Also called "one touch."

FORWARD Player who ordinarily is positioned ahead of the midfielders and whose primary responsibility is to create and score goals. An inside forward is called a "striker."

GOALKEEPER Player who is positioned in his goalmouth and whose primary responsibility is the prevention of goals by the opposition. The goalkeeper may use his hands while he is in his own penalty area, and his uniform must contrast with those of the field players on both teams.

GOAL KICK Indirect free kick taken by a defending player from the defending team's goal area. A goal kick is awarded when a ball was last touched by the attacking team before going over the defending team's goal line (but not into the goal).

HALF-VOLLEY Kick taken just as the ball bounces off the ground.

HAND BALL A ball touched illegally by a player's hand or arm.

HEADING Use of the head; usually the forehead at the hairline to pass, shoot, clear or control the ball.

INDIRECT FREE KICK Usually awarded after a minor infraction. The ball is placed in a stationary position and may not be kicked directly into the opposition's goal without first being touched by another attacker.

KICKOFF A ball placed in the center spot at midfield and kicked forward by an attacking player; used to start the game at the beginning of each half and after a goal has been scored. A goal cannot be scored directly from a kickoff.

LINEMAN Two officials, each equipped with a flag, who assist the referee from the touchlines by signaling offsides. When a ball has gone out of bounds and when a foul has been committed. The referee may choose not to act on a lineman's call.

MARK Guarding an attacking player.

MIDFIELDER Player who ordinarily is positioned in front of the defenders and behind the forwards, whose primary responsibility is to create a link between the defenders and forwards. Also called "halfback."

NUTMEG A ball played by an attacking player between the legs of a marker and retrieved by the same attacking player.

OBSTRUCTION Action of a player who impedes an opponent by standing in or moving into his path without attempting to play the ball.

OFFSIDE Position of an attacking player if he is between his opponent's goal line and the ball when the ball is played unless he is on his own half of the field or two opponents are no farther from the goal line than the attacking player. A player cannot be offside if he receives the ball directly from a corner kick, goal kick, throw-in or drop ball situation.

OFFSIDE TRAP Maneuver by a defense where by the defenders move toward the opposing team's goal during an attack by the opposition to catch at least one attacker in an offside position.

OVERLAP An attacking run by a defender that carries him past his own midfielders.

PENALTY KICK Direct free kick from the penalty spot after a major foul has been committed by the defending team in its own penalty area. The opposing goalkeeper must remain stationary on his goal line between the goal posts and all other players must be outside the penalty area; the ball is kicked by an attacking player.

OVERTIME AND PENALTY-KICK TIEBREAKER A feature of the A-League that comes into play when a match is tied after 90 minutes of regulation time. Two extra periods of 7 minutes each are played; the match ends when a goal is scored. If no goal is scored, a penalty-kick tie-breaker is held. Each team takes five penalty kicks on an alternating basis. If the teams remain tied, the teams alternate penalty kicks until one team scores and the other fails to score.

REFEREE The official in charge of the match. Primary responsibilities are to protect the players and serve as official timekeeper.

SAVE A ball caught, deflected, or otherwise prevented by the goalkeeper from going into the goal.

SHIELD A dribbler who prevents an opponent from taking the ball by keeping himself between an opponent and the ball.

SHOT The kicking or heading of the ball toward the goal with the intention of scoring.

SQUARE PASS A lateral pass.

STOPPER A central defender whose primary responsibility is to mark the opposing center forward or striker.

SWEEPER A defender who is free to roam in front of and/or behind his team's defensive line.

TACKLE An attempt to dispossess an attacker of the ball. A common tackle is the slide tackle, which involves a sliding attempt to kick away the ball.

THROUGH PASS Pass that travels toward the goal between two or more defenders to a teammate, putting him in a position to score.

THROW-IN A throw executed by an attacking player from outside the touchline. A throw-in is awarded against the team that last touched the ball before it crossed a touchline. The player taking the throw-in must throw the ball onto the field over his head using both hands; he must also keep both feet on the ground either outside or on the touchline.

TRAP The use of the foot, thigh, chest, etc., by a player to bring a ball under control.

VOLLEY Kick taken before a ball bounces on the ground.

WALL A line of three or more players positioned at least ten yards from the ball; used to help defend against a free kick.

WALL PASS Pass in which an attacker sends the ball to a teammate (the "wall") who immediately plays the ball back to the attacker who has to run to an open space. Also called "give and go" or "one-two."

WING Area of the field near the touchlines.

WINGER An outside forward. Outside defenders are sometimes called "wingbacks."

4-4-2 A team formation that has four defenders, four midfielders, and two forwards.



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"The Complete Car Cost Guide" 1998, IntelliChoice, Inc., Campbell, CA.



[$11,995] *That's the M.S.R.P. of this 1998 Saturn SL, including AC, retailer prep and transportation. Of course, total cost will vary seeing how other options and state-required equipment are extra, as are things like tax and license. Each retailer sets its own price, which may differ from the price above. ©1998 Saturn Corporation.*

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SCHEDULE

MAY

S	M	T	W	T	F	S
					1	RAL
3	4	5	6	7	CHAR	9
JAX	11	12	13	14	15	CON
17	18	19	20	21	WOR	23
24	25	26	27	28	WOR	30
CON						

JUNE

S	M	T	W	T	F	S
	1	2	3	4	LI	6
S1	8	9	10	11	12	13
MON	15	16	17	18	TOR	20
CAL	22	23	24	CON	26	LI
28	29	30				

HOME GAMES — AWAY GAMES

JULY

S	M	T	W	T	F	S
			1	2	3	S1
5	6	WOR	8	9	ATL	11
12	13	14	MLS	16	17	18
TOR	20	21	22	23	24	MON
26	27	28	29	HER		

AUG

S	M	T	W	T	F	S
						LI
2	3	4	5	6	7	8
9	10	11	12	13	HAM	15
MON	17	18	19	20	CAL	SF
23	24	25	26	27	28	29
U.S. PRO	31					

SEPT

S	M	T	W	T	F	S
		1	2	3	S1	5
TOR						

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Daligcon

West coast versus east coast. Same country, but they're completely different - the clocks, the fashion, and the lifestyle. Midfielder Nate Daligcon made the transition from the west coast to the east coast late last season. Acquired by the Rhinos along with Justin Stoddard in a trade with Seattle for Henry Gutierrez in August, he joined the team with just five games lift in the regular season.

"The day I was traded, I had just gotten home from grocery shopping for the month. There was a message on my answering machine telling me that I had been traded. Right then my roommates started to divide up all the groceries for themselves. I saw it as a great opportunity and a change. The main thing here is that there aren't as many places to go hiking or kayaking and there aren't enough Starbucks coffee places - although I found one the other day near my apartment. I love my coffee."

And soccer. "I couldn't believe it on the first day of practice. There were all these TV cameras around and it was only the first day - not even a game. We never had that in Seattle."

By: Warren Kozireski

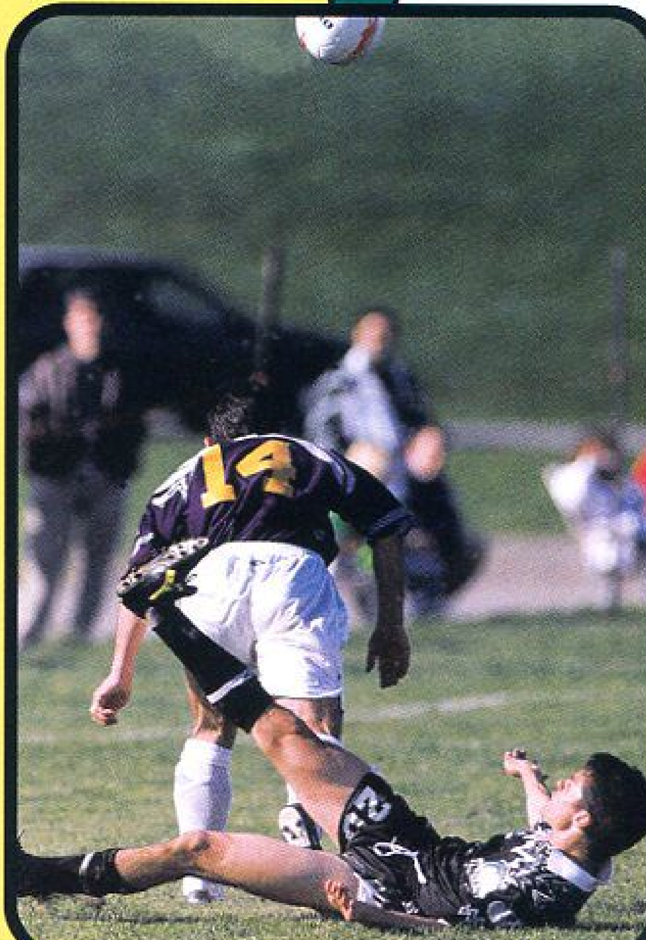
Daligcon's college playing days at Seattle Pacific University included being named a Division II All-American twice (1994-95) before he was selected in the third round of the Major League Soccer college draft by the Tampa Bay Mutiny in 1996. "Coming out of college, (the MLS) was just a whole different level of play from what I was used too and it sort of caught me by surprise. It was a good experience, but after playing a couple of years, I got to see that there were ten-year veterans playing in that league. It was kind of eye-opening to see the professional game at that level fresh out of college."

After training camp, it was off to the A-League for his 1996 rookie campaign with the Seattle Sounders where he scored two goals and had seven starts in 27 appearances. He also appeared in the championship game on October 6, 1996 against the Rhinos.

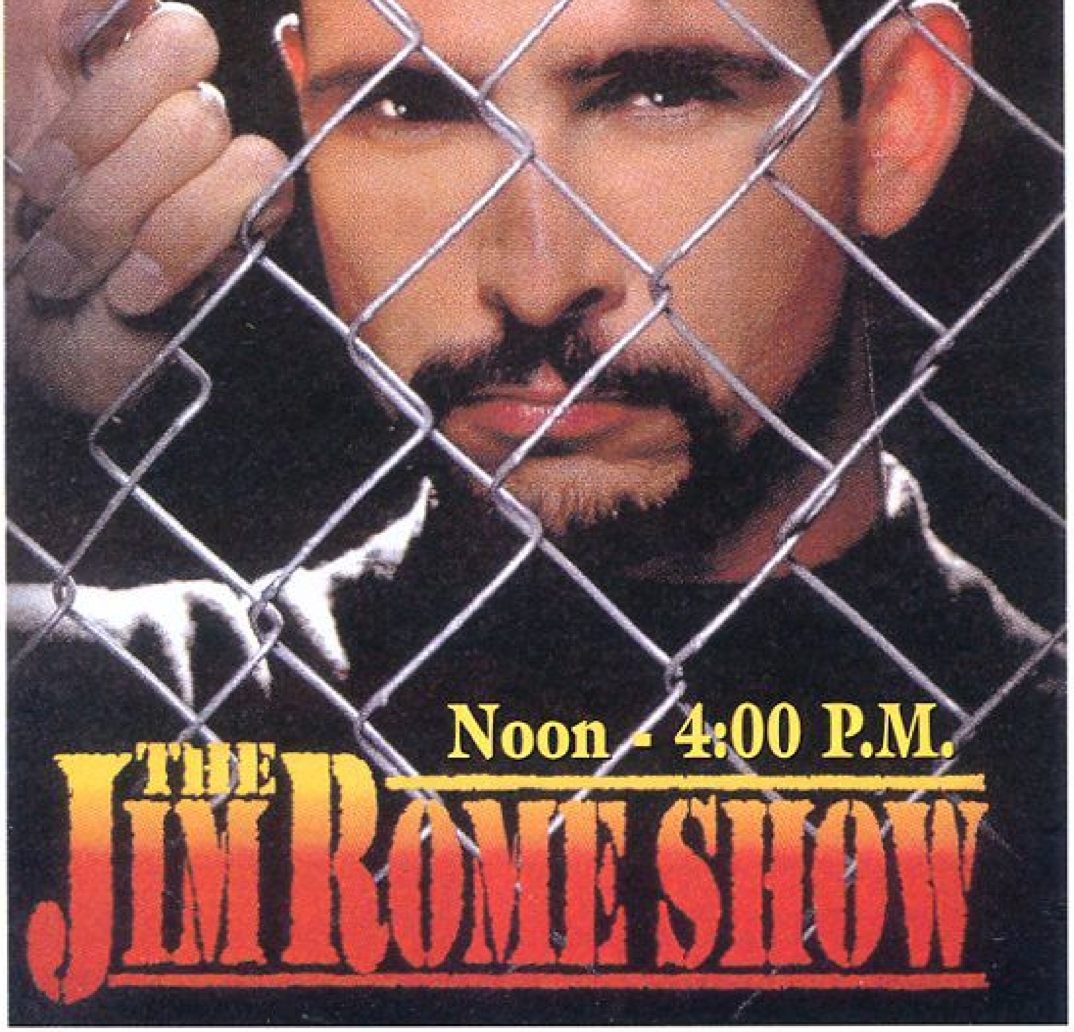
1997 saw a glut of midfielders with Seattle and Daligcon only saw action in four games last season before the trade. In the four games with Rochester, he scored three goals and an assist and added another goal in two playoff games. Goals may not be as plentiful this season, but points should be. "Right now we have forwards up front who are proven goal-scorers and, if I can get the ball to them in the right situations, they're going to put it away. One of the things that I've been working on is distribution - getting the ball to their feet in the best situations. Whatever I'm asked to, I will do. I'm not going to try to score goals all the time or dictate the play all the time. With the players we have on this team, if we just move the ball around, everyone will get their share of goals and we'll be very successful."

An unassuming 5'9", 145 lbs, the 23 year-old Daligcon was excited to come to Rochester and is even more excited about this season. "I had played at Frontier Field once with Seattle and it's just amazing that an A-League team can draw over 10,000 people every game (that's even good for some MLS teams). It seems like everybody has really jelled. A lot of the players have played against each other and knew each other and we can't wait to get out there and start playing. With the players the front office has brought in this year, we are expected to win. If we play to our potential and play with character, desire and heart, we'll do fine."

Daligcon enters this season ready to help the Rhinos bring home their first A-League championship. Following the teams disappointing finish lat season, that success will prove to be as different as the west coast is from the east coast.



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COMMUNITY

WDKX And The Rhinos Are Teaming Up

When Andrew A. Langston was growing up in Georgia, he used to caddie at a local golf course. He observed how the men would swing the club, chip around the greens, and line up their putts to finish the hole out. To this day, Langston uses the power of observation to help his golf game (he's a scratch golfer), and teach a very important lesson to today's youth.

Langston, owner of Rochester radio station WDKX-FM 103.9, is a firm believer that sports have a positive effect on youth. That's why he is an avid supporter of the Rochester Raging Rhinos professional soccer team, and why WDKX and the Rhinos have teamed up to make the game of soccer available to all kids in the city of Rochester.

"The Rhinos are important in the community, " shared Langston. "It's important that the players not only share their soccer skills and talent with the kids, but also their priorities and philosophy on how to reach goals in life. Like our on-air talent at WDKX, the majority of the Rhinos players have graduated from college. To go out into the Rochester community and share these experiences will make a difference."

Langston, who named his radio station after Frederick Douglass, Dr. Martin Luther King, Jr., and Malcolm X - WDKX - believes that giving back to the community is priority number one for all of his businesses, especially the radio station. After 22 years on the air, WDKX is a leader in providing community support in Rochester.

"I love when the different communities of this area mix together in an atmosphere of fun and partnership," continues Langston. "Soccer is a world-wide sport, the one game in the world that really brings everyone together for the good the game. I know that kids of all races and backgrounds will be attending Rhinos games this summer. More importantly, the Rhinos are making a commitment to the community by reaching out with their players and staff by holding clinics and games for the kids. It's another outlet in the city for kids to use their energy in a positive way."

WDKX and the Rhinos are involved in projects together to help kids in the community. "Coaches Corner" is a joint effort to bring charitable organizations to a Rhinos game by giving away 25 tickets per match. "It's a chance to bring entire families together to enjoy a game in a nice setting at Frontier Field," said Langston. "It keeps the kids off the street and exposes them to the sport of soccer and the players, who hopefully can show them that hard work and diligence points the way to success."

A couple of new projects have evolved from the Rhinos-WDKX relationship for the 1998 season. WDKX and FoodLink will co-sponsor "player tips", video soccer advice from the Rhinos players which will air on the video scoreboard at Frontier Field during home matches. A complementary series of audio player tips are being produced to air all summer long on WDKX; the station will also co-sponsor the two Rhinos-FoodLink food drives slated for this season. WDKX will also continue to sponsor Rhinos youth clinics in the city of Rochester.

The Rochester Raging Rhinos and WDKX are teaming up to make the game of soccer fun and exciting, and working together to make the Rochester community a better place to live.

140 teams. 6 leagues. 1 system. USISL.

In cities big and small across North America, youngsters dream of playing in the major leagues of professional sports. A fortunate few will realize that dream, but in most cases only after a long journey through the youth, high school and college ranks.

For decades, baseball players have been starting their professional careers in small towns all across the continent as they work their way through the system of major league affiliates on a path toward the "big show." Just as Major League Baseball has its own system of leagues across the USA, so does the USISL.

The United Systems of Independent Soccer Leagues, founded in 1986, provides the starting point for players working toward Major League Soccer, the top professional, or Division I, level in the United States.

Developing hometown heroes into the national and international soccer stars of tomorrow is what the USISL is all about.

Picture the various levels of soccer in the U.S. as an ascending pyramid, with MLS at the apex. The pyramid's entire support structure is the USISL.

With 132 adult outdoor teams in four separate leagues and 140 teams in all, the USISL is the second largest organization of sports leagues in the U.S., trailing only the National Association of Professional Baseball Leagues, a 155-team minor-league system.

The A-League, pro soccer's Division II in the U.S. which includes three teams in Canada, is just below MLS on the pyramid.

Expanded from 24 teams to 28 teams in 1998, the A-League is the home to dozens of rising stars who could go on to star in MLS, play abroad and eventually wear their nation's colors in international competition.

As part of the USISL's relationship with MLS, the 28th team in the A-League will be comprised entirely of Project-40 players from the MLS ranks that will travel from town to town to play each A-League team during the season.

The USISL's Division III Professional League is one step below the A-League and, as its name implies, is classified as a Division III league. With 39 teams set to compete in 1998, the D3 Pro League is often the first step in professional soccer for most players. Similar to A-League teams, D3 teams are official affiliates of MLS clubs.

The USISL's Premier Development Soccer League (PDSL) is one level below the D3 Pro League and is the top national amateur league in the U.S. Fielding 34 teams in 1998, the PDSL offers players a chance to compete in a national league while maintaining their collegiate eligibility.

The USISL also operates a women's league, the W-League, an indoor men's league, the I-League, and is launching a youth league, the Y-League, this year.

The 32-team W-League, the only national adult soccer league for women, represents the highest level of competitive women's soccer in the United States and includes both current and former college players.

Due to the tremendous growth and success of the W-League since its inception in 1994, the league has split into two divisions for 1998: a 15-team W-1, or elite, division and a 17-team W-2 division.

With the off-season signing of superstar Michelle Akers and many other U.S. National Team players, both the level of play and the notoriety of the W-League have increased dramatically.

The I-League is currently in the middle of its 12th season. The I-League, a regional league made up of five teams, serves as an outlet for USISL players in the winter months.

The Y-League, the USISL's newest project, is set to launch in 1998 with two age groups for boys, with more on the way. The program is intended to expand across the nation over the next few years .

"For the first time in North American soccer history, we now have in place under one roof- USISL, Inc. - a system representing all levels of soccer," said USISL, Inc. President Francisco Marcos, who founded USISL 12 years ago.

The USISL first went outdoors in 1989, but indoor members still outnumbered the outdoor teams 18-17 in 1991. The number of outdoor teams first surpassed the indoor teams in 1992, when there were 21 outdoor clubs.

A growth explosion followed, with 43 outdoor teams in 1993, 72 in 1994, 96 in 1995 (split into professional and amateur divisions for men and adding the first full season of the W-League for women), 106 teams in 1996 (when there were three men's outdoor leagues) and 125 teams for 1997.

More than one million persons attended USISL games in each of the past three years, part of a growing legion of fans who know where to find tomorrow's soccer stars today.

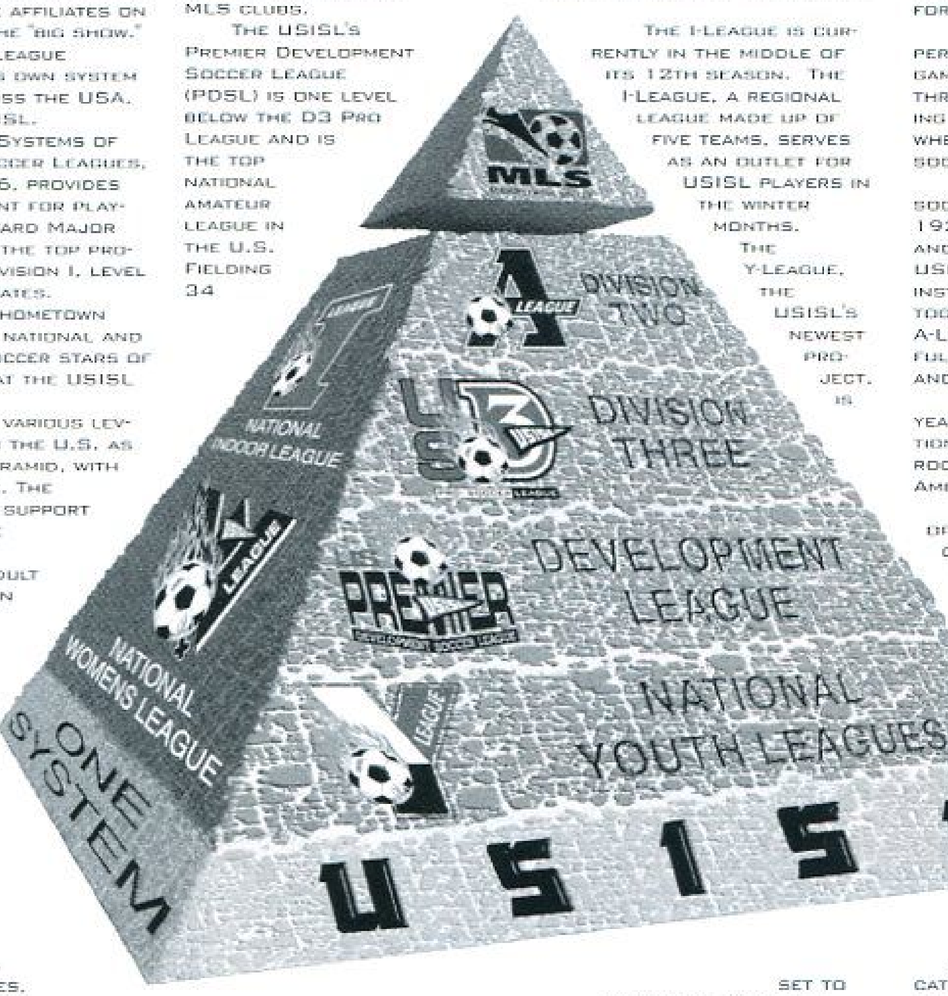
Umbro, the international soccer company born in 1924, is the proud sponsor and official supplier of all USISL leagues. Umbro was instrumental in bringing together the USISL and the A-League for their successful merger between the 1996 and 1997 seasons.

Umbro has through the years built a strong reputation as the leading "grass-roots" sponsor of the American game.

Along with their support of the USISL, Umbro is also committed to top youth clubs, regional tournaments, college teams, as well as the world's largest soccer coaches organization in the United States.

Umbro's vast knowledge of the equipment needs of soccer players, its commitment to excellence, and its dedication to producing the very best soccer products, are major factors in the company's emergence as a complete soccer resource and the No. 1 soccer apparel company in the United States.

Together, USISL and Umbro are building a legacy.



BUILDING A LEGACY

Rochester Raging Rhinos

CAREER LEADERS

Goals		Points	
41	Doug Miller	89	Doug Miller
13	Jimmy Glenn	34	Jimmy Glenn
9	Lenin Steenkamp	27	Lenin Steenkamp
4	Kofi Debrah	17	Tommy Tanner
4	Henry Gutierrez	16	Henry Gutierrez
4	Hector Marinaro	15	Hector Marinaro
4	Rene Rivas	12	Rene Rivas
4	Paul Young	10	Kofi Debrah
3	3 are tied with 3	9	Nikola Vignjevic
		8	Paul Young

Assists		Games Started	
11	Tommy Tanner	55	Billy Andracki
9	Lenin Steenkamp	45	Doug Miller
8	Jimmy Glenn	44	Tommy Tanner
8	Henry Gutierrez	38	Yogi McKay
7	Hector Marinaro	38	Lenin Steenkamp
7	Doug Miller	37	Fuseini Dauda
4	Rene Rivas	35	Rene Rivas
3	5 are tied with 3	35	Gustavo Villagra
		32	Rene Rivas
		32	Yuriy Smotrich

RHINO RAGE



The Rage are: (In alphabetical order) Jennifer Alfieri, Marni Carfley, Eric Clark, Samantha DiPaola, Danielle Dodge, Karleen Evans, Ann E. Freeling, Rae Insalaco, Tiki Kehoe, Kesha McFadden, Jennifer Obi, Michelle Pfeifer, Danika Roj, Jennifer Samoranski, Andorra Shek, Shally Zomorodi

Rochester's only professional sports dance team, the Rage are back for their third season of entertaining soccer fans before games and at halftime with their high-energy dance routines. The Rage are also ambassadors for the Rhinos, attending many area charitable and promotional events.

Rochester's Only Professional Dance Team

LUCY VAN ORDEN
CHOREOGRAPHER

This former Coach of the Rochester Flash cheerleaders joins the Rage this summer as the new choregorpher, and her list of credentials is an impressive one. Lucy Van Orden is the former director of the Dancearama, which she also owned for 15 years. She is a member of the Dance Masters and Dance Educators of America, and is a certified aerobics instructor. She is currently also the choreographer of the Focus International Talent and Model Agency and all of their Rochester-area mall fashion shows.



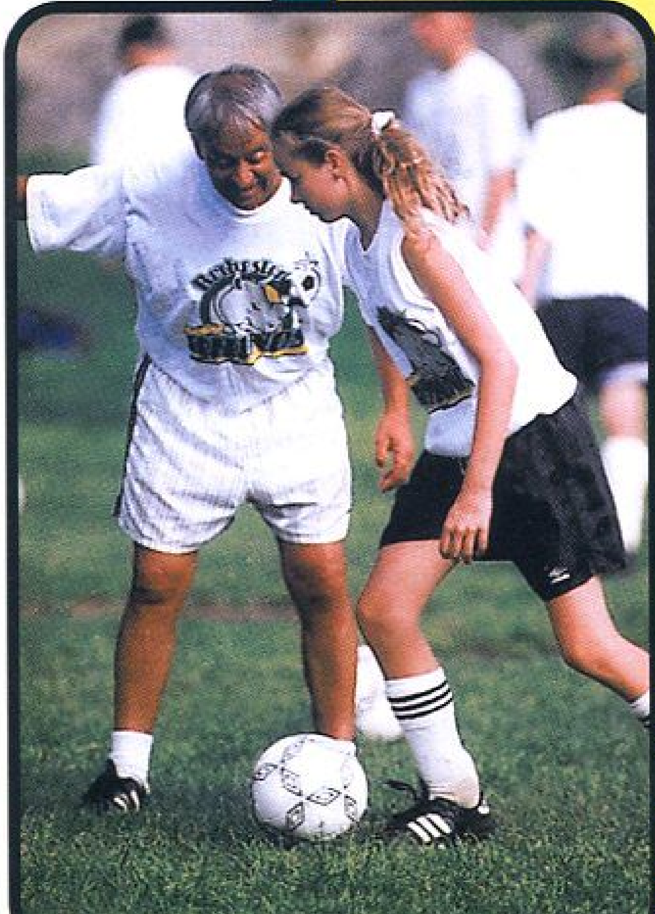
In addition, Ms. Van Orden is a faculty member at the Rochester Academy of Performing Arts Center. All in all, she has taught dance for over 20 years and many of her students have won scholarships to dance colleges and positions with many major dance companies. Her students have also won major dance and pageant titles on a national level.

Van Orden and her husband Fred founded and co-directed the New York Dance Olympics. Together as a team, they have performed and appeared in television commercials and on the popular program "Dance Fever."

SOCCER CAMP

The third season of Rochester Raging Rhinos soccer means that the third season of Rochester Raging Rhinos youth soccer camps is also about to begin. This summer, the Rhinos hope to see over 1,100 kids at nine area clinics scheduled from the second week of July into the second week of August.

Instructed by Rhinos players and coaches, Rochester Ravens players, former Rochester Lancers, and the area's top high school and college coaches, boys and girls from ages six to sixteen work on basic skills like dribbling, shooting, passing, and trapping. In addition, campers are offered instruction on more complicated soccer concepts like team defense, set plays, and personal training, as well as drills that they can practice at home. Campers are divided into three skill levels: advanced (travel league and high school players), intermediate (summer recreational players), and beginner (first-time players).



The Rhinos youth soccer camps are the only camps in Western New York in which area youths can get one-on-one instruction with professional outdoor soccer players. Players will scrimmage during the week, and a new feature in 1998 is the Rhinos "Speed-Kick", an attraction which can tell a player how fast he/she kicks the ball.

The cost for the five-day camp is $120 per camper, with each receiving a Rhinos soccer ball, a Rhinos t-shirt, and a ticket to Rochester Raging Rhinos home game. As part of the Rhinos commitment to area youth soccer, $10 of each camper's fee is returned to his/her youth soccer program to help fund uniforms, field maintainance, etc.

The camps have grown both in demand and number since they began in the summer of 1996. That first season, the Rhinos held four camps with a total of 450 campers. Last year, the number of camps grew to six with 700 campers, and this year the Rhinos youth coordinator Pat Grow has even higher hopes.

"Our Rhinos camps have really caught on in Western New York and feedback has been very positive," said this former college soccer player and ravenous fan of the game. "When I was younger, I wish there had been an opportunity for me to go to a camp with professional players. This is a great opportunity for kids to train with their role models, and learn how the players have reached the level that they're at," said Grow.

For more information on Rochester Rhinos youth soccer programs, call the Rhinos office at 454-5425.

1998 Rochester Raging Rhinos Youth Soccer Camps

Date	Location
July 6-10	Marcus Whitman High School
July 13-17	Greece Athena High School Marion High School
July 20-24	Bishop Kearney High School Italian-American Community Center (Gates)
July 27-31	Wayne Central High School
August 3-7	Allendale-Columbia School Kendall High School

One additional camp will be announced at a later time.


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